Bella Ciao



Count: 32 Wand: 1 Ebene: Improver samba

Choreograf/in: Jim PAVADÉ (FR) - May 2022

Musik: Watazu Remix - Samba (bellaciaoextended)



The dance starts with the body weight on the LF

Section 1 [1-8]: Whisk to R & L, Cross Samba with ½ turn to R, Cross Samba with ¼ to L

1 & 2	RF to side, LF behind RF on ball, Recover on RF (12:00)
3 &4	LF to side, RF behind LF on ball, Recover on LF
5 & 6	RF forward with ¼ turn R, LF to side on ball with ¼ turn R, RF recover (06:00)
7 & 8	LF forward, RF to side on ball with 1/4 turn to left, LF recover (03:00)

Section 2 [9 - 16]: Ball Cross X2, Volta Full Turn to Left

& 1 2	RF forward on ball, LF cross over RF with 1/4 turn L (12:00), Hold
& 3 4	RF to side on ball, LF cross over RF with ¼ turn L (09:00), Hold
& 5	RF to side on ball, LF cross over RF with 1/4 turn L
& 6	RF to side on ball, LF cross over RF with ¼ turn L
& 7	RF to side on ball, LF cross over RF with ¼ turn L
& 8	RF to side on ball, LF cross over RF with ¼ turn L (09:00)

Section 3 [17 -24]: 2 Steps Back of Paddle Turn, Behind-Side-Cross, 2 Steps Back of Paddle Turn, Behind-Side-Forward

1 & 2 &	RF point back with 1/8 turn R, Recover on LF x2 (12:00)
3 & 4	RF cross behind LF, LF to side, RF cross over LF
5 &6 &	LF point back with 1/8 turn L, Recover on RF x 2 (09:00)
7 & 8	LF cross behind RF, RF to side, LF forward with 1/8 turn R (10:30)

Section 4 [25 -32]: Step Together Bent Knees-Back Hips Bump, Step Back, Side, Hips Roll-Touch

1 2	RF together bent knees, Hips back stretching the legs
3 4	LF back on the diagonal, Point RF forward with hips bump
&	RF to side (12:00)
567	Hips roll clockwise on 5 (L) - 6 (R) - 7 (L)
8	Touch RF closed to LF

Final: during the sixth wall, go to the ninth step (ball cross) facing 12:00.

Enjoy!