

Bella Bella

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Cato Larsen (NOR) - November 2006

Musik: Bella Bella Signorina (Guaglione) - Patrizio Buanne



Start on vocal after 64 count (22 seconds).

Sequence: A A B, A A B B, A A B, A A B B, B to the end of the song.

A is danced to the verse, and B is danced to the refrain.

Part A:

1 - 8

Mambo Cross left, Mambo Cross right.

- 1-2 Step left to left side (1), Rock (recover) back again onto right (2).
- 3-4 Step left across of right (3), Hold (4).
- 5-6 Step right to right side (5), Rock (recover) back again onto left (6).
- 7-8 Step right across of left (7), Hold (8).

9-16

1/4 Pivot turn, 1/2 Pivot turn, Step, Hold, Mambo Step.

- 1 Pivot 1/4 turn right Stepping back on left (1).
- 2-4 Pivot 1/2 turn right Stepping forward on right (2), Step forward on left (3), Hold (4).
- 5-6 Step forward on right (5), Rock (recover) back again onto left (6).
- 7-8 Step slightly back on right (7), Hold (8).

17-24

1/4 turn Left side Mambo, Right side Mambo.

- 1-2 Pivot 1/4 turn left Stepping left to left side (1), Rock (recover) back again onto right (2).
- 3-4 Step left next to right (3), Hold (4).
- 5-6 Step right to right side (5), Rock (recover) back again onto left (6).
- 7-8 Step right next to left (7), Hold (8).

25-32

Side Steps with Hip Sways.

- 1-2 Step left to left side Swaying hips left (1), Hold (2).
- 3-4 Step right slightly right Swaying hips right (3), Hold (4).
- 5-6 Step left to left side Swaying hips left (5), Hold (6).
- 7-8 Step right slightly right Swaying hips right (7), Hold (8).

Part B:

1-8

Side, Together, Side, Together, Side, Hold, Rock Step back.

- 1-2 Step left to left side (1), Step right next to left (2).
- 3-4 Step left to left side (3), Step right next to left (4).
- 5-6 Step left to left side (5), Hold (6).
- 7-8 Step back on right (7), Rock (recover) forward again onto left (8).

9-16

Side, Together, Side, Together, Side, Hold, Rock Step back.

- 1-2 Step right to right side (1), Step left next to right (2).
- 3-4 Step right to right side (3), Step left next to right (4).
- 5-6 Step right to right side (5), Hold (6).
- 7-8 Step back on left (7), Rock (recover) forward again onto right (8).

17-24

Step, Spiral Turn full turn, Rock forward & back.

- 1-3 Step forward on left (1), Spin full turn right on ball of left foot (2,3).
- 4 Step forward on right (4).
- 5-6 Step forward on left (5), Rock (recover weight) back again onto right (6).
- 7-8 Step back on left (7), Rock (recover weight) forward again onto right (8).

On count 1-2: he sings "My Head Was In A Spin", Try to spin your head by Rolling it clockwise while you do the Spiral turn.

25-32

Rock Step (Held her body tight), Walk back.

1-2 Step forward on left with attitude and Wrap your arms around yourself (1), Hold (2).

3-4 Rock (recover weight) back again onto right (3), Hold (4).

5-8 Step back on left (5), Hold (6), Step back on right (7), Hold (8).

Unwrap your arms again as if the person you were holding are backing away from you.
