

Belinda

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Christa Klaassenbos (NL) - June 2011

Musik: Pretty Belinda - Dr. Victor & The Rasta Rebels



Nivo 1-2

Rock step, shuffle, rock back , shuffle

- 1-2 R.V rock forw. – recover on L.V
- 3&4 R.V shuffle back
- 5-6 L.V rock back – recover on R.V
- 7&8 L.V shuffle back

Rolling vine ,r,l

- 1-4 R.V rolling vine right / vine to right
- 5-8 L.V rolling vine left / vine to left

Kickball change 2x, shuffle 2x

- 1&2 R.V kickball change
- 3&4 R.V kickball change
- 5&6 R.V shuffle forw.
- 7&8 L.V shuffle forw.

Paddle turn ¼ ,2x – hip bumps

- 1-2 R.V step forw. ¼ turn left
- 3-4 R.V step forw. ¼ turn left
- 5-8 R.V step right hips r,l,r,l

Reastard 4e n muur

Kickballchange 2x shuffle 2x

- 1&2 R.V kickball change
- 3&4 R.V kickball change
- 5&6 R.V shuffle forw,
- 7&8 L.V shuffle forw.

Rolling vine, right-left

- 1-4 R.V rolling vine to right / vine to right
- 5-8 L.V rolling vine to left / vine to left

½ turn- walk ,r,l – rock step –coaster step

- 1-2 R,V ½ Turn left
- 3-4 R.v walk r-l
- 5-6 R.V rock forw. – recover on L.v
- 7&8 R.V coaster step

Rock step – ½ shuffle turn – step scuff 2x

- 1-2 L.V rock forw.- recover on R.v
- 3&4 L.V ½ turn shuffle left
- 5-6 R.V step forw. – scuff L.V
- 7-8 L.V step forw. – R.V scuff