

Bella (EZ)

Compte: 32

Mur: 1

Niveau: Absolute Beginner



Chorégraphe: Maryloo (FR) - April 2015

Musique: Bella - Maître Gims

Intro : 32 counts (18 seconds)

MAMBO (FORWARD & BACK) , MAMBO (RIGHT & LEFT)

- 1&2 Rock right forward, recover on left, step right next to left
- 3&4 Rock left back, recover on right, step left next to right
- 5&6 Rock right to side, recover on left, step right next to left
- 7&8 Rock left to side, recover on right, step left next to right

RIGHT, TOGETHER, CHASSE RIGHT, LEFT, TOGETHER, CHASSE LEFT

- 1-2 Step right to side, step left together
- 3&4 Step right to side, step left next to right, step right to side
- 5-6 Step left to side, step right together
- 7&8 Step left to side, step right next to left, step left to side

SHUFFLE FORWARD (RIGHT & LEFT), PIVOT ½ TURN LEFT, SHUFFLE FORWARD

- 1&2 Step right forward, step left together, step right forward
- 3&4 Step left forward, step right together, step left forward
- 5-6 Step right forward, pivot ½ turn left (weight on left)
- 7&8 Step right forward, step left together, step right forward

PIVOT ½ TURN RIGHT, SHUFFLE FORWARD, PADDLE FULL TURN TO LEFT

- 1-2 Step left forward, pivot ½ turn right (weight on right)
- 3&4 Step left forward, step right together, step left forward
- 5&6& Step right forward, ¼ turn left and recover on left, step right forward, ¼ turn left and recover on left
- 7&8& Step right forward , ¼ turn left and recover on left, step right forward, ¼ turn left and recover on left