

My Bella Donna

Compte: 48

Mur: 4

Niveau: Improver waltz

Chorégraphe: Wanda Heldt (AUS) - August 2017

Musique: Bella Bella Donna - Bouke



S1. 2 + 1/2 TURN LEFT [WALTZ]

- 1-3 1/2 turn Left stepping forward on Left, Step back on Right, Step Left next to Right. [6]
4-6 1/2 turn Left stepping back on Right, Step Left forward, Step Right next to Left. [12]

S2. BASIC WALTZ FORWARD, BASIC WALTZ BACK

- 1-3 Basic waltz forward L.R.L.
4-6 Waltz back R.L.R.

S3. STEP, SWEEP 1/4 TURN LEFT, WEAWE LEFT

- 1-3 Step Left forward turn 1/4 Left, Sweeping the Right for 2 counts. [9]
4-6 Step Right across Left, Step Left to side, Step Right behind Left.

S4. 1/4 TURN LEFT STEP FORWARD, SWEEP from Behind, STEP, SWEEP from Behind, HITCH

- 1-2 1/4 turn Left as you Step forward on Left, Sweep Right toe from behind Left, [6]
3 Step Right across Left.
4-6 Sweep Left toe from behind Right with a slight hitch

S5. STEP FORWARD, DRAG, HITCH, STEP BACK, DRAG, HOOK [In Front of Right shin]

- 1-3 Step forward on Left, Drag Right, Hitch.
4-5 Step back on Right, Drag Left toe in with hook across the Right

S6. SIDE STEP, DRAG, TOUCH, SIDE STEP, DRAG, TOUCH

- 1-3 Step Left to Left side, Drag Right toe next to Left, Touch.
4-6 Step Right to Right side, Drag left toe in next to Right, Touch.

S7. 1/4 LEFT FORWARD WALTZ BASIC, BASIC WALTZ BACK

- 1-3 1/4 turn Left stepping forward basic Waltz L.R.L. * [3]
4-6 Basic Waltz back, R.L.R.

Harder option:- On ct. 1-3 Rolling Vine * 1/4 on L, 1/2 back on R, 1/4 fwd on L.

S8. 1/4 LEFT FORWARD WALTZ BASIC, 1/4 TURN LEFT BASIC WALTZ BACK

- 1-3 1/4 turn Left stepping forward basic waltz L.R.L. * [12]
4-6 1/4 turn Left stepping back basic waltz R.L.R [9]

Harder option:- On ct. 1-3 Rolling Vine * 1/4 on L, 1/2 back on R, 1/4 fwd on L.

Restart.. - HAVE FUN IN LIFE & IN DANCE

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