

# Ballo Al Destro E Sinistro

**Compte:** 64

**Mur:** 2

**Niveau:** Improver

**Chorégraphe:** Gary Lafferty (UK)

**Musique:** Bella Bella Signorina - Patrizio Buanne



## **SIDE, TOGETHER, SIDE, HOLD, CROSS-ROCK, RECOVER, SIDE, HOLD**

- 1-4 Step to left on left foot, step on right foot beside left, step to left on left foot, hold  
5-8 Cross-rock right foot over left, recover weight back onto left foot, step to right on right foot, hold

## **CROSS, SIDE, BEHIND, SIDE, CROSS-ROCK, RECOVER, SIDE, HOLD**

- 1-4 Cross-step left over right, step to right on right, cross-step left behind right, step to right on right foot  
5-8 Cross-rock left foot over right, recover weight back onto right foot, step to left on left foot, hold

## **STEP FORWARD, HOLD, ROCK STEP, STEP BACK, HOLD, ROCK STEP**

- 1-4 Step forward on right foot, hold, rock forward on left foot, recover weight back onto right foot  
5-8 Step back on left foot, hold, rock back on right foot, recover weight onto left foot

## **STEP FORWARD, HOLD, ½ TURN, HOLD, STEP FORWARD, ½ TURN, STEP FORWARD, HOLD**

- 1-4 Step forward on right foot, hold, pivot ½ turn to left, hold  
5-8 Step forward on right foot, pivot ½ turn to left, step forward on right foot, hold

## **SIDE, HOLD, TOGETHER, HOLD, SIDE, TOGETHER, CROSS, HOLD**

- 1-4 Step to left on left foot, hold, step on right foot beside left hold  
5-8 Step to left on left foot, step on right foot beside left, cross-step left foot over right, hold

## **SIDE, HOLD, TOGETHER, HOLD, SIDE, TOGETHER, CROSS, HOLD**

- 1-4 Step to right on right foot, hold, step on left foot beside right, hold  
5-8 Step to right on right foot, step on left foot beside right, cross-step right foot over left, hold

## **STEP LEFT, HOLD, ROCK BACK, RECOVER, STEP RIGHT, HOLD, ROCK BACK, RECOVER**

- 1-4 Step to left on left foot, hold, rock back on right foot, recover weight onto left foot  
5-8 Step to right on right foot, hold, rock back on left foot, recover weight onto right foot

## **SIDE, TOGETHER, BACK, HOLD, TRIPLE ½ TURN RIGHT, HOLD**

- 1-4 Step to left on left foot, step on right foot beside left, step back on left foot, hold  
5-7 Make a ½ turn over right shoulder in place, stepping on right-left-right  
8 Hold

**REPEAT**

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