

# Bella Mia

Compte: 48

Mur: 0

Niveau: Ultra Beginner Contra

Chorégraphe: Annegret Dominguez (FR) - August 2013

Musique: Bella mia - Ringo Story : (Album: Gringo)



**Alt.: On My Radio by The Woolpackers**

**[1-8] HEEL R, HEEL R, STOMPS RLR, HEEL L, HEEL L, STOMPS LRL,**

- 1-2 Touch R heel diagonal forward, touch R heel diagonal forward,
- 3&4 stomp right next to left, stomp left in place, stomp right in place (syncopated steps),
- 5-6 touch L heel diagonal forward, touch L heel diagonal forward,
- 7&8 stomp left next to right, stomp right in place, stomp left in place (syncopated steps),

**[9-16] HEEL, CROSS, SHUFFLE FWD R, SHUFFLE FWD L, R STEP FWD, ½ TURN LEFT,**

- 1-2 Touch R heel diagonal forward, cross R heel in front of left leg,
- 3&4 shuffle R forward (stepping right, left, right),
- 5&6 shuffle L forward (stepping left, right, left),
- 7-8 step right forward, pivot ½ turn to left (putting weight onto left),

**[17-24] HEEL R, HEEL R, STOMPS RLR, HEEL L, HEEL L, STOMPS LRL,**

- 1-2 Touch R heel diagonal forward, touch R heel diagonal forward,
- 3&4 stomp right next to left, stomp left in place, stomp right in place (syncopated steps),
- 5-6 touch L heel diagonal forward, touch L heel diagonal forward,
- 7&8 stomp left next to right, stomp right in place, stomp left in place (syncopated steps),

**[25-32] HEEL, CROSS, SHUFFLE FWD R, SHUFFLE FWD L, R STEP FWD, ½ TURN LEFT,**

- 1-2 Touch R heel diagonal forward, cross R heel in front of left leg,
- 3&4 shuffle R forward (stepping right, left, right),
- 5&6 shuffle L forward (stepping left, right, left),
- 7-8 step right forward, pivot ½ turn to left (putting weight onto left),

**[33-40] TURN WITH OPPOSITE PERSON TO THE RIGHT DOING SHUFFLES,**

**join the opposite person in the middle and turn to the right (holding each other right hand to right hand or right arm into right arm):**

- 1&2 R shuffle (stepping right, left, right),
- 3&4 L shuffle (stepping left, right, left),
- 5&6 R shuffle (stepping right, left, right),
- 7&8 L shuffle (stepping left, right, left),

**[41-48] TURN WITH THE SAME PERSON TO THE LEFT DOING SHUFFLES, SHUFFLE BACK TO CONTRA DANCE POSITION.**

**change direction to turn left:**

- 1&2 R shuffle (stepping right, left, right),
- 3&4 L shuffle (stepping left, right, left),

**during the last two shuffles take initial contra dance position (except for 2nd and 4th wall where followed by the Tag):**

- 5&6 R shuffle (stepping right, left, right),
- 7&8 L shuffle (stepping left, right, left).

**Tag : on 2nd and 4th wall: repeat here steps 33 to 48**

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