

Bella

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Bella - Maître Gims



S1: Samba whisks, walks, shuffle, step

1 RF step to right side
a LF step behind RF
2 RF step slight over LF
3 LF step to left side
a RF step behind LF
4 LF step slight over RF
5 RF walk forward
6 LF walk forward
7 RF step forward
& LF step behind RF
a LF step forward
8 RF step forward

S2: Butacada's, Coasterstep, shoulderroll, chestpump

1 RF rock forward
& LF Recover
a RF step back
2 LF rock forward
& RF recover
a LF step Back
3 RF rock forward
& LF recover
4 RF step back ¼ turn left (9.00)
5 LF step backwards
& RF step next to LF
6 LF step forward
7 Roll shoulders from back to front
& Press chest forward
8 Push chest back

S3: 2 x Kickball touch, Botafogas

1 RF kick forward
& RF next to LF
2 LF point backwards
3 LF kick forward
& LF next to RF
4 RF point backwards
5 RF cross over LF
& LF step to left side
6 RF touch diagonal forward
& RF step next to LF
7 LF cross over RF
& RF step to right side
8 LF point diagonal forward

& LF step next to RF

S4: ½ Samba Diamond, walk, mambo cross

1 RF cross over LF
& LF step to left side
2 RF step back 1/8 diagonal
3 LF step behind RF 2/8 (12.00)
& RF step next to LF
4 LF step forward diagonal 1/8 (1.30)
5 RF step forward
6 LF step forward
7 RF rock to right side
& LF recover
8 RF cross over LF

S5: Side rock, 2 x Volta steps

1 LF rock to left side
& RF recover
2 LF cross over RF
& RF step side 1/8 left(12.00)
3 LF step forward ¼ left(9.00)
& RF step to right side ¼ left (6.00)
4 LF cross over RF
5 RF step to right side whilst doing this point left toe
6-7 Hold or hip rolls
& LF next to RF
8 RF cross over LF

S6: Cross shuffle ¾ turn, triple step ¼ turn, rock step, vine

1 LF step ¼ to left
& RF step behind LF ¼ left
2 LF cross over RF ¼ turn left (3.00)
3 RF step back ¼ turn left(6.00)
& LF next to RF
4 RF cross over LF
5 LF rock step side
6 RF recover
7 LF step behind RF
& RF step to right side
8 LF cross over RF

S7: Side rock, side step, side rock, side together for,

1 RF rock to right side
& LF recover
2 RF next to LF
3 LF step to left side
4 RF next to LF
5 LF rock to left side
& RF recover
6 LF next to RF
7 RF step to right side
& LF step next to RF
8 RF step forward

S8: Side together forw, rock step, coaster step/pressure step, claps

- 1 LF step to left side
 - & RF step next to LF
 - 2 LF step forward
 - 3 RF rock forward
 - & LF recover
 - 4 RF step back
 - 5 LF step backwards
 - & RF next to LF
 - 6 LF step forward (pressure step)
 - 7-&8 Clap hands 3x
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