

Bella Sirena

COPPERKNOB
STEPSHEETS

拍数: 80 墙数: 4 级数: Phrased Intermediate
编舞者: Irene Groundwater (CAN) - February 2015
音乐: Bella Sirena - Orchestra Mario Riccardi : (Album: Il piacere di ballare, Vol 4)



Intro: 32 counts - Pattern - Intro, A, A, B, B, C, C. A, B, B, C, C, B, Ending (5 counts)

SECTION A

PART A1 – [1-8] – R FWD ROCK, ½ R TURN SHUFFLE, FWD X3, DRAG & TAP R (START FACING DIAG RIGHT TOWARDS R CORNER (FACING 1:30))

1-2 Step Right forward, Replace weight on L
3&4 Make ½ turn right over the next 3 steps R-L-R (turning shuffle)
5-6 Walk forward on L, Walk forward on R,
(Walk with attitude – crossing steps in front of other foot.)
(Option for advanced dancers – Make 1 full turn right over steps 5-6)
7&8 Step L forward, Drag R Foot up to L, Tap R Toe beside L instep

PART A2 – [9-16] – R FWD ROCK, ½ R TURN SHUFFLE, FWD X3, DRAG R, TAP R (START FACING DIAG RIGHT TOWARDS R CORNER (FACING 7:30))

1-2 Step Right forward, Replace weight on L
3&4 Make ½ turn right over the next 3 steps R-L-R (turning shuffle)
5-6 Walk forward on Left, Walk forward on R
(Walk with attitude – crossing steps in front of other foot.)
(Option for advanced dancers – Make 1 full turn right over steps 5-6)
7&8 Step L forward, Drag R Foot up to L, Tap R Toe beside L instep

PART A3 – [17-24] – CROSS R, L BACK, SHIMMY, CROSS L. REPLACE R, SIDE L AND SHIMMY – 2 COUNTS

(TURNING TO FACE 3:00 O’CLOCK)

1-2 Making 1/8th turn right – Cross R over L, Replace weight on L
3-4 Side step R and shimmy shoulders for 2 counts
5-6 Cross L over R, Replace weight on R (Adv. Dancers – Unwind full turn right onto R)
7-8 Side step L and shimmy shoulders for 2 counts (weight ends on L)

PART A4 – [29-32] – CROSS R, BACK L, ¼ TURN RIGHT, ¼ TURN RIGHT w L. SIDE STEP, SWAY RIGHT, SWAY LEFT

1-2 Cross R over L, Step back on L
3 Side step R making ¼ turn right on step
4 Pivot ¼ turn right on R Ball as you side step L
5-6 Sway right with hands overhead for 2 counts
7-8 Sway left with hands overhead for 2 counts

END OF SECTION A

SECTION B

PART B1 - [1-8] – SIDE R, REPLACE L, HIPPY STEP, L BACK, ¼ TURN R, SIDE R, SIDE L w SHIMMY, TOUCH R

1-2 Side step R, Replace weight on L
3&4 Rock forward on R, Rock back on L, Rock forward on R (hippy hip steps)
5-6 Step back on L, Pivot ¼ turn right on L Ball as you side step R
7-8 Long Side Step L – Shimmying for 2 counts – Touch R Toe beside L instep

PART B2 - [9-16] – SIDE R, RECOVER L, HIPPY STEP, BACK L, 1/2 TURN RIGHT, L FWD, LOCK R, L FWD

1-2 Side step R, Recover weight on L

- 3&4 Rock forward on R, Rock back on L, Rock forward on R (hippy hip steps)
 5-6 Step back on L, Pivot 1/2 turn right on L Ball as you step forward on R
 7&8 Step forward on L, Lock R behind L, Step forward on L
 (Option 7&8 – for those with weak ankles – L forward, Step R beside L, L forward)

PART B3 - [17-24] – SIDE R, ¼ TURN L w TOUCH L, COASTER STEP, HIPPY STEP, L BACK, TOUCH R

- 1-2 Large Side step R, Pivot ¼ turn left on R Ball as you touch L Toe beside R instep
 3&4 Step back on L, Step R beside L, Step L forward
 5&6 Rock forward on R, Rock back on L, Rock forward on R (hippy hip steps)
 7-8 Large step back on L, Touch R Toe across to left side of L Foot

PART B4 - [25-32] – (KICK R-BALL-CHAIN) X 2, R SIDE STEP, TOUCH L, ¼ TURN LEFT w. L SIDE STEP, TOUCH R

- 1&2 Kick R forward, Step on R Ball beside L instep, Change weight to L
 3&4 Kick R forward, Step on R Ball beside L instep, Change weight to L
 5-6 Large Side step R, Touch L Ball beside R instep
 7 Pivot ¼ turn left on R Ball as you take a large Left Side step
 8 Touch R Ball beside L instep

END OF SECTION B

SECTION C – 16 counts

PART C1 - [1-8] - R HEEL, R HOOF, SIDE SHUFFLE, L HEEL, L HOOF, SIDE SHUFFLE

- 1-2 Touch R Heel forward, Raise R Heel up to L Knee
 3&4 Sidestep R, Step L beside R, Sidestep R
 (Option – 3&4 - Adv. Dancers make Full turn shuffle to the right)
 5-6 Touch L Heel forward, Raise L heel up to R Knee
 7&8 Sidestep L, Step R beside L, Sidestep L
 (Option – 7&8 – Adv. Dancers make full turn shuffle to the left)

PART C2 - [9-16] – R FWD, REPLACE L, ½ R TURNING SHUFFLE, WALK X2, SHIMMY

- 1-2 Step R forward, Replace weight on L Foot
 3&4 Side step R making ¼ turn right on step, Step L tog. Side R making ¼ turn right on step
 5-6 Walk forward on L, Walk forward on R
 (Option – Adv dancers - On counts 5-6 – Pivot ½ turn right on R Ball as L steps back, Pivot ½ turn right on L Ball as R steps fwd)
 7-8 Side step L and Shimmy for 2 counts

END OF SECTION C

ENDING (5 COUNTS)

[1-5] – ROCK STEPS-R FWD, L BACK, R FWD, ROCK STEPS – L FWD, R BACK, L FWD – RAISE HANDS O'H AND WAVE TO THE AUDIENCE.

- 1-2 Step R forward, Pivot ½ turn left onto L
 3&4 Rock forward on R, Rock back on L, Rock forward on R (hippy hip steps)
 5 Raise Hands overhead and wave to the audience.

Revised Date. □ March 6, 2015
