

# Bellissimo (愉快美好) (zh)

COPPER KNOB  
STYLISTS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: William Sevone (UK) - 2007年06月  
音乐: Ring My Bells - Enrique Iglesias : (Cd: Insomniac)



The Joyce Lim Intro ('Ringing The Bells') 前奏動作

Choreographers Note: The Dance Includes An Optional Intro Which Was Created By Joyce Lim (Jus Danz, Singapore).

這段前奏動作是由新加坡Jus Danz團體的Joyce Lim所編排的

- 1 – 2      With Slight Hip Roll - Turn Towards Right (Use Arms To Accentuate Move). Return To Centre. 輕輕轉臀轉面向右(雙手配合擺動), 轉回正
- 3 – 4      With Slight Hip Roll - Turn Towards Left (Use Arms To Accentuate Move). Return To Centre. 輕輕轉臀轉面向左(雙手配合擺動), 轉回正
- 5 – 7      Straightening Up – Run Hands Up Front Of Thighs To Side Of Hips (Over Three Counts). 站直-雙手以3拍的速度由大腿移到臀邊

Dance      Counts 1-4 - Feet Shoulder Width Apart & Bending At Knees.

Note:      第1-4拍雙腳與肩同寬略彎膝

Repeat Counts 1-7 Three More Times (Four In Total) – Then Hold For 3 Counts (Musical Break) 重覆這7拍動作總共四次, 最後停3拍準備起跳

## 第一段      2x Behind-3 Sways (12:00) 後踏, 三次擺臀 總共二次(面向12點鐘)

- 1 – 2      Step Left Behind Right. Rock/Sway Right To Right Side.  
左足於右足後踏, 右足右踏右擺臀
- 3 – 4      Sway Onto Left. Sway Onto Right. 左擺臀, 右擺臀
- 5 – 6      Step Left Behind Right. Rock/Sway Right To Right Side  
左足於右足後踏, 右足右踏右擺臀
- 7 – 8      Sway Onto Left. Sway Onto Right 左擺臀, 右擺臀

## 第二段      1/2 Left Side. Push Step. Recover. Extended Grapevine. (6:00) 1/2左踏, 推步 回復, 右華倫 右踏(面向6點鐘)

- 9 – 10      Turn ½ Left & Step Left To Left Side. Cross Push Step Right Over Left.  
左轉180度左足左踏, 右足於左足前交叉推
- 11 – 12      Recover Onto Left. Step Right To Right Side.  
左足回復, 右足右踏
- 13 – 14      Cross Left Over Right. Step Right To Right Side.  
左足於右足前交叉踏, 右足右踏
- 15 – 16      Step Left Behind Right. Step Right To Right Side.  
左足於右足後踏, 右足右踏

## 第三段      Hip Rolls (See Styling). Behind. 1/2 Left. Hip Rolls (See Styling) (12:00) 轉臀, 後, 轉, 轉臀

- 17 – 18      (Bending At Knees) Roll Hips To Left. Roll Hips To Right.  
(彎膝)左轉臀, 右轉臀
- 19 – 20      (Straightening Up) Roll Hips To Left. Roll Hips To Right.  
(站直)左轉臀, 右轉臀
- 21 – 22      Step Left Behind Right. Unwind ½ Left.  
左足於右足後踏, 左繞轉180度
- 23 – 24      (Bending Knees Slightly) Roll Hips To Right. Roll Hips To Left.  
(略彎膝)右轉臀, 左轉臀

## 第四段      Cross Shuffle. Rock. Recover. Cross Shuffle. Side. 1/2 High Sweep (6:00) 交叉交換, 左下沉 回復, 交叉交換, 右踏 繞轉(面向6點鐘)

- 25 & 26      (Leaning Right) Cross Shuffle Left Stepping: R.L-R.  
(傾向右)交叉交換-右, 左, 右
- 27 – 28      (Leaning Left) Rock Left To Left. Recover Onto Right.  
(傾向左)左足左下沉, 右足回復
- 29 & 30      (Still Leaning Left) Cross Shuffle Right Stepping: L.R-L.  
(仍傾向左)交叉交換-左, 右, 左

31 – 32 Step Right To Right Side. High Sweep Left Foot ½ Left.  
右足右踏, 左足向左大繞轉180度

**第五段** 1/4 High Sweep Fwd. Cross-Step Bwd (See Styling). 3/4 High Sweep Fwd. Cross-Step Bwd (See Styling). 1/4 Left (9:00)  
繞1/4踏, 交叉 後踏, 右繞轉3/4, 交叉 前踏 1/4(面向9點鐘)

33 Continue Sweep For A Further ¼ Left & Step Forward Onto Left (3).  
持續左繞轉90度左足前踏(面向3點鐘)

34 (Bending Knees) Cross Right Over Left – Sweeping Right Hand To Left.  
(彎膝)右足於左足前交叉踏(右手繞向左)

35 – 36 (Straightening Up) Step Backward Onto Left. High Sweep Right Foot ½ Right (9). (站直)左足後踏, 右足向右大繞轉180度(面向9點鐘)

37 Continue Sweep For A Further ¼ Right & Step Forward Onto Right (12).  
持續右繞轉90度右足前踏(面向12點鐘)

38 (Bending Knees) Cross Left Over Right – Sweeping Left Hand To Right.  
(彎膝)左足於右足前交叉踏(左手繞向右)

39 – 40 (Straightening Up) Step Backward Onto Right. Turn ¼ Left.  
(站直)右足後踏, 左轉90度

**第六段** 2x Rock-Rock-Together. Cross. Side (9:00)  
下沉-回復-併踏, 交叉, 側踏 總共二次(面向9點鐘)

41 – 42 Rock/Sway Left To Left Side. Recover Onto Right.  
左足左下沉, 右足回復

43 Step Left Next To Right. 左足併踏

44 – 45 Rock/Sway Right To Side. Recover Onto Left.  
右足右下沉, 左足回復

46 Step Right Next To Left. 右足併踏

47 – 48 Cross Left Over Right. Step Right To Right Side.  
左足於右足前交叉踏, 右足右踏

Tag: At End Of Wall 4 (Facing 12) And (The Final) Wall 7 (Facing 3):  
加拍:第四面牆(面向12點鐘), 最後第七面牆(面向3點鐘)

**With Knees Bent And Turning With Rolls – Also Use The Arms And Hands Swaying Side To Side 彎膝轉動身體, 雙手可以配合左右擺動**

1 – 4 Roll Body To Left. Roll Body To Right (2 Counts Each Direction)  
身體向左擺, 身體向右擺(每2拍一個方向)

5 – 8 Roll Body To Left. Roll Body To Right (2 Counts Each Direction)  
身體向左擺, 身體向右擺(每2拍一個方向)

9 – 12 Roll Body To Left. Roll Body To Right (2 Counts Each Direction)  
身體向左擺, 身體向右擺(每2拍一個方向)

13 – 16 Roll Body To Left. Roll Body To Right (2 Counts Each Direction)  
身體向左擺, 身體向右擺(每2拍一個方向)

Any Combination Of Body Rolls (As Long As They Are Slow) Will Look Good - Only Go As Low As Comfortable.  
這些身體擺動的動作, 只要慢慢擺動會很好看, 讓自己很舒服地儘量慢擺動

Remembering That By Count 16 The Dancer Should Be 'Upright With Weight On Right Foot' 最後1拍第16拍要站直重心在右足

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