

Belles Belles Belles

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Maddison Glover (AUS) - April 2017
音乐: Belles ! Belles ! Belles ! - M. Pokora : (2:46)



Dance begins 8 counts before the main lyrics (after the 40 count intro), just after he says "uuuhhh"

Charleston Kick, Fwd, Kick, Back, Back, Together

1,2,3,4 Step R fwd, kick L fwd, step L back, tap R toe back
5,6,7,8& Step R fwd, kick L fwd,, step L back, step back on R, step L together

Cross, Back, Side Shuffle, Cross, Back, Side, Together, Forward

1,2 Cross R over L, step L slightly back,
3&4 Step R to R side, step L together, step R to R side
5,6 Cross L over R, step R slightly back,
7&8 Step L to L side, step R together, step fwd on L

2x ¼ Pivot Turns, Jazz Box

1,2,3,4 Step fwd on R, pivot ¼ L, step fwd on R, pivot ¼ L,
5,6,7,8 Cross R over L, step L back, step R to R side, step fwd on L

Stomp, Hold, Stomp, Hold, 4x Chug Turns (making a full turn)

1, Turn 1/8 L as you stomp R to R side (turn body to face 4:30) as you throw both hands in the air (like a V)
2 Hold (keep hands in the air)
3 Turn ¼ R as you stomp L to L side (turn body to face 7:30) as you throw both hands down at hip level with palms facing fwd
4 Hold (keep hands at hip level)
5,6,7,8 4 chug turns: Keep weight on L for the next four counts – Make ¼ turn L touching R to R side (4:30), Make ¼ turn L touching R to R side (1:30), Make ¼ turn L touching R to R side (10:30), Make 3/8 turn L touching R to R side (6:00)

Suggestion: A PARTY contra dance that doesn't require dancers to change position through the lines.

NO RESTARTS, NO TAGS. CUT LOOSE

I first came across this artist on my first trip to France in February 2017

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