

Ciao Bella

拍数: 32 墙数: 4 级数: High Improver
编舞者: Mathias Pflug (DE) - October 2018
音乐: Bella Ciao (HUGEL Remix) - El Profesor & HUGEL



Start on - "O Partigiano"

[01-08] Kick-Ball-Step, Walk r+l, Jazz box with ¼ turn r

1&2 Kick r foot fwd, Step r beside l, Step l fwd
3-4 Step r fwd, Step l fwd
5-8 Cross r over l, ¼ turn r stepping l back, Step r to r side, Step l fwd (3.00)

[09-16] Rock fwd, Recover & Rock fwd, Recover, Backward Walks with toe fans, ¼ turn r/ behind-side-cross

1-2& Step r fwd, Recover on l, Step r beside l
3-4 Step l fwd, Recover on r
5-6 Walk back on left whilst fanning right toes with right heel on floor, Walk back on right whilst fanning left toes with left heel on floor
7&8 1/8 turn r stepping l behind r, 1/8 turn r stepping r to r side, cross l over r (6.00)

[17-24] Side Rock, Recover & Side Rock, Recover, Crossing Shuffle, Side Rock, Recover

1-2& Step r to r side, Recover on l, Step r beside l
3-4 Step l to l side, Recover on r
5&6 Cross l over r, Step r to r side, Cross l over r
7-8 Step r to r side, Recover on l

[25-32] Heel Grind with ¼ turn r, ¼ turn r/side, Heel Grind with ¼ turn l, Back, Rock Back, Recover

1-2 Step r heel fwd & ¼ turn r grinding on r heel, Step l back (9.00)
3 ¼ turn r stepping r to s side (12.00) ***
4-5 Step l heel fwd & ¼ turn l grinding on l heel, Step r back (9.00)
6 Step l back
7-8 Step r back, Recover on l

START AGAIN!

*** RESTART ~ During 2nd wall (facing 9h) and 8th wall (facing 6h)

4 Step l fwd and then restart the dance

Homepage: www.mathiaspflug.jimdo.com – E-Mail: post.mathiaspflug@gmx.de