

Bella Donna

拍数: 32 墙数: 4
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音乐: Bella Donna - Pietro Lombardi

级数: Easy Intermediate



Section 1: STEP SIDE R/ROCK BACK / CROSS /STEP SIDE L/ROCK BACK / STEP DIAGONAL L/ HALF SAMBA DIAMOND BACKWARDS TURNING R

- 1 a 2 Step side on R (1), Rock back on L (a), Cross over R (2)
- 3 a 4 Step side on L (3), Rock back on L (a), Step diagonal forward L (4)
- 5 & 6 a Cross R over L (5), Step side on L (&), Step back R with 1/8 turn r (6), Hitch L (a)
- 7 & 8 Cross behind on L (7), Step side on R with 1/8 turn r (&), Step forward on L with 1/8 turn r (8)

Section 2: HALF SAMBA DIAMOND BACKWARDS TURNING R/ STEP SIDE R + SWAY/ STEP SIDE L + SWAY/ STEP SIDE R + SWAY/ STEP SIDE L + SWAY

- 1 & 2 a Cross over R with 1/8 turn r (1), Step side on L (&), Step back R with 1/8 turn r (2), Hitch L (a)
- 3 & 4 Cross behind on L (3), Step side on R with 1/8 turn r (&), Step forward on L with 1/8 turn r (4)
- 5 6 Step side on R with sway to r (5), Step side on L with sway to L (6)
- 7 8 Step side on R with sway to r (7), Step side on L with sway to l (8)

Section 3: SAMBA BASIC L/SAMBA BASIC R/VOLTA STEP X3 (1/8 TURN + 1/4 TURN X2)/STEP FORWARD R WITH 1/4 TURN R + START SWEEP/END SWEEP

- 1 a 2 Cross R over L (1), Step side on L (a), Step Side on R (2)
- 3 a 4 Cross L over R (3), Step side on R (a), Step side on L (4)
- 5 a 6 a Step forward on R with 1/8 turn r (5), Step together on L (a), Step forward on R with 1/4 turn R (6), Step together on L (a)
- 7 a 8 & Step forward on R with 1/4 turn r (7), Step together on L (a), Step forward on R with 1/4 turn r and start sweep L from the back (8), End sweep in the front (&)

Section 4: PRESS L/RECOVER/STEP BACK/ PRESS R/RECOVER/STEP BACK/ BARACUDAS X4 (LRLR)

- 1 2 & Press forward on L (1), Recover weight on R (2), Step back on L (&)
- 3 4 & Press forward on R (3), Recover weight on L (4), Step back on R (&)
- 5 & 6 & Press forward on L with 1/8 turn l (5), Step back on L (6), Press forward on R (6), back on R (&)
- 7 & 8 & Press forward on L (7), Step back on L (&), Press forward on R (8), HOLD (&)

Start again!

Last Update - 10 Aug. 2019
