

Samba Bella

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Phrased Intermediate
编舞者: Penny Tan (MY), EWS Winson (MY) & Jennifer Choo Sue Chin (MY) - December 2020
音乐: Bella Bella - Luca Hänni



Sequence: AB AB A- BA BA A- Tag BB

Intro: 16 counts (approx. 10 sec)

Part A (32 counts)

A1 (1-8) R Point Touch Close, L Point Hold Close, R Fwd Press, Heel Swivel, Body Roll

1-2& Point R toes to R side (1), Touch R toes beside LF (2), Close RF next to LF (&) 12:00
3-4& Point L toes to L side (3), Hold for 1 count (4), Close LF next to RF (&) 12:00
5&6 Press R toes fwd (5), Twist R heel out to R side (&), Return R heel to centre (6) 12:00
7-8 Roll body from up to down for 2 counts with weight ending on LF (7-8) 12:00

A2 (9-16) R Side Chasse, ¼L with L Side Chasse, ¼L with Hip Sways

1&2 Step RF to R side (1), Step LF beside RF (&), Step RF to R side (2) 12:00
3&4 Turn ¼L stepping LF to L side (3), step RF beside LF (&), Step LF to L side (4) 9:00
5-8 Turn ¼L stepping RF to R side and sway hips to R side (5), Sway hips to L-R-L sides (6-7-8)*
6:00

*For A-, dance only the first 16 counts

A3 (17-24) R-L Syncopated Fwd Rock, L-R Batucada Steps

1-2& Press R toes fwd and roll hip CW (1), Recover on LF (2), Close RF next to LF (&) 6:00
3-4 Press L toes fwd and roll hip CCW (3), Recover on RF (4) 6:00
&5 Step LF back (&), Press RF fwd and roll hip CW (5) - Option: touch R toes forward (5) 6:00
&6 Step RF back (&), Press LF fwd and roll hip CCW (6) - Option: touch L toes forward (6) 6:00
&7 Step LF back (&), Press RF fwd and roll hip CW (7) - Option: touch R toes forward (7) 6:00
&8 Step RF back (&), Press LF fwd and roll hip CCW (8) - Option: touch L toes forward (8) 6:00

A4 (25-32) Ball Step Fwd Ball Lock Fwd Fwd, ½ Samba Diamond

&1-2 Step ball of LF back (&), Step RF fwd (1), Step LF fwd (2) 6:00
&3&4 Step ball of RF fwd (&), Lock ball of LF behind RF (3), Step RF fwd (&), Step LF fwd (4) 6:00
5&6& Cross RF over LF (5), turn ¼R stepping LF to L side (&), step RF back (6), hitch L knee fwd (&) 7:30
7&8 Step LF back (7), turn ¼R stepping RF to R side (&), cross LF over RF (8) 9:00

Part B (16 counts)

B1 (1-8) R Samba Whisk, L Corta Jaca, L Samba Whisk, R Corta Jaca

1a2 Step RF to R (1), Rock ball of LF behind RF (a), recover on RF (2) 9:00
3&4& Rock L heel to L diag fwd (3), Recover on RF (&), Rock L ball back (4), Recover on RF (&) 9:00
5a6 Step LF to L side (5), Rock ball of RF behind LF (a), Recover on LF (6) 9:00
7&8& Rock R heel to R diag fwd (7), Recover on LF (&), Rock R ball back (8), Recover on LF (&) 9:00

B2 (9-16) R Samba Whisk, L Corta Jaca, L Full Volta Turn

1a2 Step RF to R (1), Rock ball of LF behind RF (a), recover on RF (2) 9:00
3&4& Rock L heel to L diag fwd (3), Recover on RF (&), Rock L ball back (4), Recover on RF (&) 9:00
5& Turn ¼L crossing LF over RF (5), Step ball of RF behind LF (&) 6:00

6&7& Repeat 5& (2x) 12:00
8 Turn ¼L crossing LF over RF (8) 9:00

Tag Out Out In In with Shimmies

1-4 Step RF to R diag fwd(1), Step LF to L diag fwd (2), Step RF back (3), Close LF beside RF
(4)

(Optional: shimmy shoulders for 4 counts) 12:00

Hope you enjoy this dance!
