

# Belinda, Belinda

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Seonaid M. Williams (SCO/NOR) - September 2021  
音乐: Belinda - Marcus & Martinus & Alex Rose



Dance starts after 16 counts, on the vocals

## WALK, WALK, SHUFFLE FORWARD, FORWARD MAMBO, SHUFFLE BACK

1,2,3&4      Step forward on RF, step forward on LF, step forward RF, step LF to RF, step forward RF  
5&6      Rock forward LF, recover on RF, step back on LF  
7&8      Step back RF, step LF to RF, step back RF

**Note: SHUFFLE BACK can be replaced with LOCK SHUFFLE back - Step back RF, cross LF over RF, step back RF**

## FORWARD RHUMBA BOX L, CHASSÉ 1/4 TURN TO LEFT, SWAY, SWAY

1&2      Step LF to L, step RF beside LF, step forward on LF  
3&4      Step RF to right, step LF beside RF, step back on RF  
5&6      Step LF to left, step RF beside LF, 1/4 turn left stepping forward on LF  
7,8      Step RF to right, sway or roll hips to right, sway or roll hips to left (figure of eight), weight on LF

## RF SIDE, TOGETHER, MAMBO CROSS, LF SIDE TOGETHER, MAMBO CROSS

1,2,3&4      Step RF to right, step LF beside RF, rock RF to right, recover on LF, cross RF over LF  
5,6,7&8      Step LF to left, step RF beside LF, rock LF to left, recover on RF, cross LF over RF (Option: Shimmy on steps 1,2 (Side, together)

## STEP FORWARD, 1/4 TURN LEFT, STEP FORWARD, 1/4 TURN LEFT, CROSS SAMBA, CROSS SAMBA

1,2,3,4      Step forward on RF, 1/4 turn to left on LF (hip roll) Step forward on RF, 1/4 turn to left on LF (hip roll)  
5&6,7&8      Cross RF over LF, rock LF to left, recover on RF, cross LF over RF, rock RF to right, recover on LF Start again

Have fun!