

Bella Ciao

拍数: 32 墙数: 4 级数: Improver
编舞者: Hiroko Carlsson (AUS) - February 2022
音乐: Bella Ciao - Becky G. : (Apple Music / Deezer)



(Dance starts with lyrics "O partigiano")

[S1] Cross-Samba R, Cross-Samba L Step-Pivot 1/2R, Step-Lock-Step

1&2 Cross L over R, Rock R to the side, Replace weight on L
3&4 Cross R over L, Rock L to the side, Replace weight on R
5 6 Step forward on L, Make a 1/2 turn right recover weight on R (6:00)
7&8 Step forward on L, Lock step R behind L, Step forward on L

[S2] Side, Together, Side-Cha-Cha-Cha, 2x (Syncopated R Rocking Chair)

1 2 Step R to the side, Step L together
3&4& Step R to the side, Step L next to R, Step R in place, Step L together
5&6& Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L
7&8& Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L**

[S3] Step-Pivot 1/4L, Fwd Mambo, Back, Back, Back Mambo

1 2 Step forward on R, Make a 1/4 turn left recover weight on L (3:00)
3&4 Rock forward on R, Replace weight on L, Step back on R
5 6 Step back on L, Step back on R
7&8 Rock back on L, Replace weight on R, Step forward on L

[S4] R Side Mambo, L Side Mambo, Quick Back Rock, Step-Pivot 1/2L, Fwd

1&2 Rock R to the side, Replace weight on L, Step R together
3&4 Rock L to the side, Replace weight on R, Step L together
&5 6 Rock/push back on R, Replace weight on L, Step forward on R
7 8 Make a 1/2 turn left recover weight on L, Step forward on R (9:00)

Restart on Wall 4 count 16 with step change (9:00)**

Wall 4 - Section 2

7&8& Rock forward on R, Replace weight on L, Step back on R (8), Hold (&) (9:00)

Ending suggestion: The last wall starts facing 12:00. Dance up to count 14&. Then, Step forward on R (15), -Pivot 1/2L recover weight on L (&), - Step forward on R (16) (12:00)

Please feel free to contact me if you need any further information. (hirokoinedancing@gmail.com)
(updated: 16/Feb/22)