

# La Bella Vita

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Hilary Usher (UK) - March 2024  
音乐: Ma non tutta la vita - Ricchi & Poveri



Intro: 16 counts

## Section 1 STEP HOLD AND STEP HOLD AND ROCK RECOVER COASTER STEP

1 2&      Step R foot forward, hold and on the '&' count step L next to R  
3 4&      Step R foot forward, hold and on the '&' count step L next to R  
5 6      Rock forward onto R recover onto L  
7&8      Step R back, step L next to R step forward onto R

## Section 2 STEP HOLD AND STEP HOLD AND ROCK RECOVER COASTER STEP

1 2&      Step L forward, hold and on the '&' count step R next to L  
3 4&      Step L forward, hold and on the '&' count step R next to L  
5 6      Rock forward onto L recover onto R  
7&8      Step L back, step R next to L, step forward onto L

## \*\*3RD WALL\*\* TAG (V STEP RLRL) AND RESTART FROM BEGINNING

## Section 3 ROCK RECOVER SHUFFLE ½ TURN, ROCK RECOVER SHUFFLE ½ TURN

1 2      Rock forward onto R recover onto L  
3&4      Step ¼ R to R side, step L next to R (&) ¼ R forward RLR (6 O Clock)  
5 6      Rock forward onto L recover onto R  
7&8      Step ¼ L to L side, step R next to L (&) ¼ L forward LRL (12 O Cclock)

## Section 4 2 x ¼ HIP ROLLS ( ½ TURN L), DIAGONAL ROCKING CHAIR

1 2      Step forward on R, pivot ¼ rolling hips anticlockwise (9 O Clock)  
3 4      Step forward on R, pivot ¼ rolling hips anticlockwise (6 O CLOCK)  
5 6      Diagonally Rock R forward recover on L (L diagonal facing 5.30)  
7 8      Diagonally Rock R back recover on L (facing 5.30)

## \*\*WALL 6\*\* TAG (V STEP RLRL) AND RESTART FROM BEGINNING

## Section 5 CROSS ROCK CHASSE RIGHT, CROSS ROCK CHASSE LEFT

1 2      Cross R over L, step back onto L  
3&4      Step R to R side, step L next to R (&) step R to R side  
5 6      Cross rock L over R, step back onto R  
7&8      Step L to L side, step R next to L (&) step L to L side

## Section 6 WEAVE, FRONT, SIDE, BEHIND, ¼ TURN, PIVOT ½ TURN, FULL TURN L

1 2      Cross R over L. step L to L side  
3 4      Step R behind L, step L to L side making ¼ turn L (3 O clock)  
5 6      Step R forward and pivot ½ turn L (9 O clock)  
7 8      Step forward on RL making full turn L (easy option walk forward LR) 9 O Clock

## Section 7 STEP LOCK STEP TAP, STEP LOCK STEP TAP

1 2&      Step forward on R hold (&) lock L behind R  
3 4      Step forward on R, tap L toe behind R heel  
5 6&      Step forward on L, hold (&) lock R behind L  
7 8      Step forward on L, tap R toe behind L heel (9 O Clock)

## Section 8 HEEL HOLD & HEEL HOLD & HEEL & HEEL & HEEL & TOUCH

&1 2      Step back on R, push L heel forward and hold

&3 4 Step back on the L and push R heel forward and hold  
&5&6 Step back on R, push L heel forward & hold, step back on L push R heel forward  
&7&8 Step back on R and push L heel forward and step back on L and touch R toe next to L

#### **START OVER**

#### **2 EASY TAGS AND RESTARTS ON WALLS 3 & 6**

##### **WALL 3 AFTER COUNT 16 (SECTION 2)**

**V STEP** Step diagonally forward RL (out,out), step diagonally back RL (in,in) and restart dance from the beginning.

##### **WALL 6 AFTER COUNT 32 (SECTION 4)**

**V STEP** Step diagonally forward RL(out, out)step diagonally back RL (in, in) and restart dance from the beginning

#### **ENDING**

Section 8 3 heel switches make a ¼ turn to finish facing 12 O Clock

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Note: With thanks to Marina who suggested the music and to Jan for the title!

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