

Bella

拍数: 32 墙数: 4 级数: Beginner
编舞者: Kartika Dewiana (INA) - March 2024
音乐: Bella - MIRA



SECTION 1 : SYNCOPATED CROSS - SIDE MAMBO

1&2 1) Cross R over L &) Step L to side 2) Cross R over L
&3&4 &) Step L to side 3) Cross R over L &) Step L to side 4) Cross R over L
5&6 5) Step L to side &) Recover on R 6) Close L together
7&8 7) Step R to side &) Recover on L 8) Close R together (12:00)

SECTION 2 : SYNCOPATED CROSS - SIDE MAMBO

1&2 1) Cross L over R &) Step R to side 2) Cross L over R
&3&4 &) Step R to side 3) Cross L over R &) Step R to side 4) Cross L over R
5&6 5) Step R to side &) Recover on L 6) Close R together
7&8 7) Step L to side &) Recover on R 8) Close L together (12:00)

SECTION 3 : HALF DIAMOND-ROCK FORWARD-CLOSE TOGETHER-ROCK BACK-CLOSE TOGETHER

1&2 1) Cross R over L &) Step L slightly to L turning 1/8 turn right 2) Step R back & hitch L knee
3&4 3) Step L behind R &) Step R to right turning 1/4 turn right 4) Cross L in front of R
5&6 5) Step R forward &) Recover on L 6) Close R together
7&8 7) Step L back &) Recover on R 8) Close L together (3:00)

SECTION 4 : FORWARD SHUFFLE- HEEL TOUCH RL- SIDE TOUCH RL

1&2 1) Step R forward &) Step L together 2) Step R forward
3&4 3) Step L forward &) Step R together 4) Step L forward
5&6 5) Touch R heel in front &) Close R heel together 6) Touch L heel in front
&7&8& &) Close L heel together 7) Touch R toe to side &) Close R toe together 8) Touch L toe to side &) Close L toe together (3:00)

Tag (2 count) after wall 1

1-2 Rock R back, Recover on L

I hope you enjoy the dance and I would appreciate and very glad to watch your demo videos for my choreos.
Happy dancing and thank you!

Last Update - 4 Apr. 2024 - R1