

# Bellissimo

**COPPER** KNOB  
BY STEPHEN

拍数: 48                      墙数: 4                      级数: Intermediate  
编舞者: William Sevone (UK) - June 2007  
音乐: Ring My Bells - Enrique Iglesias



**Choreographers note:-** The dance includes an optional intro which was created by Joyce Lim (Jus Danz, Singapore).

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Optional intro starts when Enrique starts to sing 'Ring my bells' for the first time.

Main dance starts after 'Ring my bells' intro & 3 counts into the short musical break. Feet apart, weight on right.

## THE JOYCE LIM INTRO ('RINGING THE BELLS')

- 1 – 2                      With slight hip roll - turn towards right (use arms to accentuate move). Return to centre.
- 3 – 4                      With slight hip roll - turn towards left (use arms to accentuate move). Return to centre.
- 5 – 7                      Straightening up – run hands up front of thighs to side of hips (over three counts).

**Dance note: Counts 1-4 - feet shoulder width apart & bending at knees.**

**Repeat Counts 1-7 three more times (four in total) – then HOLD for 3 counts (musical break)**

## 2X BEHIND-3 SWAYS (12:00)

- 1 – 2                      Step left behind right. Rock/sway right to right side.
- 3 – 4                      Sway onto left. Sway onto right.
- 5 – 6                      Step left behind right. Rock/sway right to right side
- 7 – 8                      Sway onto left. Sway onto right

## 1/2 LEFT SIDE. PUSH STEP. RECOVER. EXTENDED GRAPEVINE. (6:00)

- 9 – 10                     Turn ½ left & step left to left side. Cross push step right over left.
- 11 – 12                    Recover onto left. Step right to right side.
- 13 – 14                    Cross left over right. Step right to right side.
- 15 – 16                    Step left behind right. Step right to right side.

## HIP ROLLS. BEHIND. 1/2 LEFT. HIP ROLLS (12:00)

- 17 – 18                    (bending at knees) Roll hips to left. Roll hips to right.
- 19 – 20                    (straightening up) Roll hips to left. Roll hips to right.
- 21 – 22                    Step left behind right. Unwind ½ left.
- 23 – 24                    (bending knees slightly) Roll hips to right. Roll hips to left.

## CROSS SHUFFLE. ROCK. RECOVER. CROSS SHUFFLE. SIDE. 1/2 HIGH SWEEP (6:00)

- 25& 26                    (leaning right) Cross shuffle left stepping: R.L-R.
- 27 – 28                    (leaning left) Rock left to left. Recover onto right.
- 29& 30                    (still leaning left) Cross shuffle right stepping: L.R-L.
- 31 – 32                    Step right to right side. High sweep left foot ½ left.

## 1/4 HIGH SWEEP FWD. CROSS-STEP BWD. 3/4 HIGH SWEEP FWD. CROSS-STEP BWD. 1/4 SWEEP (9:00)

- 33                          Continue sweep for a further ¼ left & step forward onto left (3).
- 34                          (bending knees) Cross right over left – sweeping right hand to left.
- 35 – 36                    (straightening up) Step backward onto left. High sweep right foot ½ right (9).
- 37                          Continue sweep for a further ¼ right & step forward onto right (12).
- 38                          (bending knees) Cross left over right – sweeping left hand to right.
- 39 – 40                    (straightening up) Step backward onto right. Sweep turn ¼ left.

**2X ROCK-ROCK-TOGETHER. CROSS. SIDE (9:00)**

- 41 – 42            Rock/sway left to left side. Recover onto right.
- 43                Step left next to right.
- 44 – 45            Rock/sway right to side. Recover onto left.
- 46                Step right next to left.
- 47 – 48            Cross left over right. Step right to right side.

**TAG: At end of wall 4 (facing 12) and (the final) wall 7 (facing 3):**

**With knees bent and turning with rolls – also use the arms and hands swaying side to side**

- 1 – 4              Roll body to left. Roll body to right (2 counts each direction)
- 5 – 8              Roll body to left. Roll body to right (2 counts each direction)
- 9 – 12             Roll body to left. Roll body to right (2 counts each direction)
- 13 – 16            Roll body to left. Roll body to right (2 counts each direction)

**Any combination of body rolls (as long as they are slow) will look good - only go as low as comfortable. Remembering that by count 16 the dancer should be 'upright with weight on right foot'.**

**Revised on site - 10th May 2011**

---