

# Bella Bella

拍数: 0                      墙数: 2                      级数: Improver  
编舞者: Cato Larsen (NOR)  
音乐: Bella Bella Signorina - Patrizio Buanne



Sequence: AAB, AA BB, AAB, AA BB, B to the end of the song

## PART A

### MAMBO CROSS LEFT, MAMBO CROSS RIGHT

1-2                      Rock left to side, recover to right  
3-4                      Cross left over right, hold  
5-6                      Rock right to side, recover to left  
7-8                      Cross right over left, hold

### ¼ PIVOT TURN, ½ PIVOT TURN, STEP, HOLD, MAMBO STEP

1-2                      Turn ¼ right and step left back, turn ½ right and step right forward  
3-4                      Step left forward, hold  
5-6                      Rock right forward, recover to left  
7-8                      Step right slightly back, hold

### TURN ¼ LEFT SIDE MAMBO, RIGHT SIDE MAMBO

1-2                      Turn ¼ left and rock left to side, recover to right  
3-4                      Step left together, hold  
5-6                      Rock right to side, recover to left  
7-8                      Step right together, hold

### SIDE STEPS WITH HIP SWAYS

1-2                      Step left to side and sway hips left, hold  
3-4                      Step right slightly to side and sway hips right, hold  
5-6                      Step left to side and sway hips left, hold  
7-8                      Step right slightly to side and sway hips right, hold

## PART B

### SIDE, TOGETHER, SIDE, TOGETHER, SIDE, HOLD, ROCK STEP BACK

1-2                      Step left to side, step right together  
3-4                      Step left to side, step right together  
5-6                      Step left to side, hold  
7-8                      Rock right back, recover to left

### SIDE, TOGETHER, SIDE, TOGETHER, SIDE, HOLD, ROCK STEP BACK

1-2                      Step right to side, step left together  
3-4                      Step right to side, step left together  
5-6                      Step right to side, hold  
7-8                      Rock left back, recover to right

### STEP, SPIRAL TURN FULL TURN, ROCK FORWARD & BACK

1-3                      Step left forward, spiral a full turn right over 2 counts  
4                          Step right forward  
5-6                      Rock left forward, recover to right  
7-8                      Rock left back, recover to right

On count 1-2 he sings "my head was in a spin". Try to spin your head by rolling it to the right while you do the spiral turn

**ROCK STEP (HELD HER BODY TIGHT), WALK BACK**

1-2                    Rock left forward, hold

**When rocking forward, do so with attitude and wrap your arms around yourself**

3-4                    Recover to right, hold

5-8                    Step left back, hold, step right back, hold

**Unwrap your arms again as if the person you were holding are backing away from you**

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