

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
