

Bella Bella

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) & Raymond Sarlemijn (NL)
音乐: Bella Bella Signorina - Patrizio Buanno : (Album: Forever Begins Tonight)



Start after a 32 count intro. On vocals.

Pattern A A B A A B A A A B A A B A B B A

A lot easier than it looks as Part B is always danced on the Chorus.

Part A

Step, Pivot ½ Turn, Step, Side, Together, Back, Back Rock, Forward Rock, Flick, Shuffle.

- 1 & 2 Step forward on L. Pivot ½ Turn R. Step forward on L. (facing 6 o'clock).
3 & 4 Step R to R side. Step L next to R. Step back on R.
5 6 Rock back on L. Rock forward on R.
7 Rock back on L & flick R foot back across L leg.
8 & 1 Step forward on R. Step L next to R. Step forward on R.

Mambo Step With Ronde ¼ Turn, Sailor Step, Step, Pivot ½ Turn With Knee Pop, Step.

- 2 & Rock forward on L. Rock back on R.
3 Step back on L while pivoting ¼ turn R & sweep R foot round & out to the R side. (facing 9 o'clock).
4 & 5 Cross step R behind L. Step L to L side. Step forward on R.
6 7 Step forward on L. Pivot ½ turn R & pop R knee forward keeping weight back on L.
8 Step forward on R. (facing 3 o'clock).

Part B

Cross Mambo, Cross Step, Full Unwind, Syncopated Chasse R.

- 1 & 2 Cross rock L over R. Recover on to R. Take a big step to L side.
3 4 Cross step R over L. Unwind full turn L.
5 & 6 & Step R to R side. Step L next to R. Step R to R side. Step L next to R.
7 & 8 Step R to R side. Step L next to R. Step R to R side.

Step Pivot ½ R, Step Pivot ½ Turn R. Mambo Step, Point, Pivot ¼ Turn Flick, Step.

- 1 2 Step forward on L. Pivot ½ turn R.
3 4 Step forward on L. Pivot ½ turn R.
5 & 6 Rock forward on L. Rock back on R. Step L next to R.
7 & 8 Point R toe out to R side. Pivot ¼ turn L on L & Flick R up behind. Step forward on R.

ENJOY!