

# Bella

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Raymond Sarlemijn (NL), Darren Bailey (UK) & Michel Platje (NL) - February 2015  
音樂: Bella - Maître Gims



## S1: Samba whisks, walks, shuffle, step

1            RF step to right side  
a            LF step behind RF  
2            RF step slight over LF  
3            LF step to left side  
a            RF step behind LF  
4            LF step slight over RF  
5            RF walk forward  
6            LF walk forward  
7            RF step forward  
&            LF step behind RF  
a            LF step forward  
8            RF step forward

## S2: Butacada's, Coasterstep, shoulderroll, chestpump

1            RF rock forward  
&            LF Recover  
a            RF step back  
2            LF rock forward  
&            RF recover  
a            LF step Back  
3            RF rock forward  
&            LF recover  
4            RF step back ¼ turn left (9.00)  
5            LF step backwards  
&            RF step next to LF  
6            LF step forward  
7            Roll shoulders from back to front  
&            Press chest forward  
8            Push chest back

## S3: 2 x Kickball touch, Botafogas

1            RF kick forward  
&            RF next to LF  
2            LF point backwards  
3            LF kick forward  
&            LF next to RF  
4            RF point backwards  
5            RF cross over LF  
&            LF step to left side  
6            RF touch diagonal forward  
&            RF step next to LF  
7            LF cross over RF  
&            RF step to right side  
8            LF point diagonal forward

& LF step next to RF

**S4: ½ Samba Diamond, walk, mambo cross**

1 RF cross over LF  
& LF step to left side  
2 RF step back 1/8 diagonal  
3 LF step behind RF 2/8 (12.00)  
& RF step next to LF  
4 LF step forward diagonal 1/8 (1.30)  
5 RF step forward  
6 LF step forward  
7 RF rock to right side  
& LF recover  
8 RF cross over LF

**S5: Side rock, 2 x Volta steps**

1 LF rock to left side  
& RF recover  
2 LF cross over RF  
& RF step side 1/8 left(12.00)  
3 LF step forward ¼ left(9.00)  
& RF step to right side ¼ left (6.00)  
4 LF cross over RF  
5 RF step to right side whilst doing this point left toe  
6-7 Hold or hip rolls  
& LF next to RF  
8 RF cross over LF

**S6: Cross shuffle ¾ turn, triple step ¼ turn, rock step, vine**

1 LF step ¼ to left  
& RF step behind LF ¼ left  
2 LF cross over RF ¼ turn left (3.00)  
3 RF step back ¼ turn left(6.00)  
& LF next to RF  
4 RF cross over LF  
5 LF rock step side  
6 RF recover  
7 LF step behind RF  
& RF step to right side  
8 LF cross over RF

**S7: Side rock, side step, side rock, side together for,**

1 RF rock to right side  
& LF recover  
2 RF next to LF  
3 LF step to left side  
4 RF next to LF  
5 LF rock to left side  
& RF recover  
6 LF next to RF  
7 RF step to right side  
& LF step next to RF  
8 RF step forward

**S8: Side together forw, rock step, coaster step/pressure step, claps**

- 1 LF step to left side
  - & RF step next to LF
  - 2 LF step forward
  - 3 RF rock forward
  - & LF recover
  - 4 RF step back
  - 5 LF step backwards
  - & RF next to LF
  - 6 LF step forward (pressure step)
  - 7-&8 Clap hands 3x
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