

# Bella Sirena

**COPPERKNOB**  
STEPSHEETS

拍數: 80                      牆數: 4                      級數: Phrased Intermediate  
編舞者: Irene Groundwater (CAN) - February 2015  
音樂: Bella Sirena - Orchestra Mario Riccardi : (Album: Il piacere di ballare, Vol 4)



Intro: 32 counts - Pattern - Intro, A, A, B, B, C, C. A, B, B, C, C, B, Ending (5 counts)

## SECTION A

**PART A1 - [1-8] – R FWD ROCK, ½ R TURN SHUFFLE, FWD X3, DRAG & TAP R (START FACING DIAG RIGHT TOWARDS R CORNER (FACING 1:30))**

1-2                      Step Right forward, Replace weight on L  
3&4                     Make ½ turn right over the next 3 steps R-L-R (turning shuffle)  
5-6                     Walk forward on L, Walk forward on R,  
(Walk with attitude – crossing steps in front of other foot.)  
(Option for advanced dancers – Make 1 full turn right over steps 5-6)  
7&8                     Step L forward, Drag R Foot up to L, Tap R Toe beside L instep

**PART A2 – [9-16] – R FWD ROCK, ½ R TURN SHUFFLE, FWD X3, DRAG R, TAP R (START FACING DIAG RIGHT TOWARDS R CORNER (FACING 7:30))**

1-2                     Step Right forward, Replace weight on L  
3&4                     Make ½ turn right over the next 3 steps R-L-R (turning shuffle)  
5-6                     Walk forward on Left, Walk forward on R  
(Walk with attitude – crossing steps in front of other foot.)  
(Option for advanced dancers – Make 1 full turn right over steps 5-6)  
7&8                     Step L forward, Drag R Foot up to L, Tap R Toe beside L instep

**PART A3 – [17-24] – CROSS R, L BACK, SHIMMY, CROSS L. REPLACE R, SIDE L AND SHIMMY – 2 COUNTS**

**(TURNING TO FACE 3:00 O’CLOCK)**

1-2                     Making 1/8th turn right – Cross R over L, Replace weight on L  
3-4                     Side step R and shimmy shoulders for 2 counts  
5-6                     Cross L over R, Replace weight on R (Adv. Dancers – Unwind full turn right onto R)  
7-8                     Side step L and shimmy shoulders for 2 counts (weight ends on L)

**PART A4 – [29-32] – CROSS R, BACK L, ¼ TURN RIGHT, ¼ TURN RIGHT w L. SIDE STEP, SWAY RIGHT, SWAY LEFT**

1-2                     Cross R over L, Step back on L  
3                        Side step R making ¼ turn right on step  
4                        Pivot ¼ turn right on R Ball as you side step L  
5-6                     Sway right with hands overhead for 2 counts  
7-8                     Sway left with hands overhead for 2 counts

**END OF SECTION A**

## SECTION B

**PART B1 - [1-8] – SIDE R, REPLACE L, HIPPY STEP, L BACK, ¼ TURN R, SIDE R, SIDE L w SHIMMY, TOUCH R**

1-2                     Side step R, Replace weight on L  
3&4                     Rock forward on R, Rock back on L, Rock forward on R (hippy hip steps)  
5-6                     Step back on L, Pivot ¼ turn right on L Ball as you side step R  
7-8                     Long Side Step L – Shimmying for 2 counts – Touch R Toe beside L instep

**PART B2 - [9-16] – SIDE R, RECOVER L, HIPPY STEP, BACK L, 1/2 TURN RIGHT, L FWD, LOCK R, L FWD**

1-2                     Side step R, Recover weight on L

- 3&4 Rock forward on R, Rock back on L, Rock forward on R (hippy hip steps)  
 5-6 Step back on L, Pivot 1/2 turn right on L Ball as you step forward on R  
 7&8 Step forward on L, Lock R behind L, Step forward on L  
 (Option 7&8 – for those with weak ankles – L forward, Step R beside L, L forward)

**PART B3 - [17-24] – SIDE R, ¼ TURN L w TOUCH L, COASTER STEP, HIPPY STEP, L BACK, TOUCH R**

- 1-2 Large Side step R, Pivot ¼ turn left on R Ball as you touch L Toe beside R instep  
 3&4 Step back on L, Step R beside L, Step L forward  
 5&6 Rock forward on R, Rock back on L, Rock forward on R (hippy hip steps)  
 7-8 Large step back on L, Touch R Toe across to left side of L Foot

**PART B4 - [25-32] – (KICK R-BALL-CHAIN) X 2, R SIDE STEP, TOUCH L, ¼ TURN LEFT w. L SIDE STEP, TOUCH R**

- 1&2 Kick R forward, Step on R Ball beside L instep, Change weight to L  
 3&4 Kick R forward, Step on R Ball beside L instep, Change weight to L  
 5-6 Large Side step R, Touch L Ball beside R instep  
 7 Pivot ¼ turn left on R Ball as you take a large Left Side step  
 8 Touch R Ball beside L instep

**END OF SECTION B**

**SECTION C – 16 counts**

**PART C1 - [1-8] - R HEEL, R HOOF, SIDE SHUFFLE, L HEEL, L HOOF, SIDE SHUFFLE**

- 1-2 Touch R Heel forward, Raise R Heel up to L Knee  
 3&4 Sidestep R, Step L beside R, Sidestep R  
 (Option – 3&4 - Adv. Dancers make Full turn shuffle to the right)  
 5-6 Touch L Heel forward, Raise L heel up to R Knee  
 7&8 Sidestep L, Step R beside L, Sidestep L  
 (Option – 7&8 – Adv. Dancers make full turn shuffle to the left)

**PART C2 - [9-16] – R FWD, REPLACE L, ½ R TURNING SHUFFLE, WALK X2, SHIMMY**

- 1-2 Step R forward, Replace weight on L Foot  
 3&4 Side step R making ¼ turn right on step, Step L tog. Side R making ¼ turn right on step  
 5-6 Walk forward on L, Walk forward on R  
 (Option – Adv dancers - On counts 5-6 – Pivot ½ turn right on R Ball as L steps back, Pivot ½ turn right on L Ball as R steps fwd)  
 7-8 Side step L and Shimmy for 2 counts

**END OF SECTION C**

**ENDING (5 COUNTS)**

**[1-5] – ROCK STEPS-R FWD, L BACK, R FWD, ROCK STEPS – L FWD, R BACK, L FWD – RAISE HANDS O'H AND WAVE TO THE AUDIENCE.**

- 1-2 Step R forward, Pivot ½ turn left onto L  
 3&4 Rock forward on R, Rock back on L, Rock forward on R (hippy hip steps)  
 5 Raise Hands overhead and wave to the audience.

Revised Date. □ March 6, 2015

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