

Bella (EZ)

拍數: 32 牆數: 1
編舞者: Maryloo (FR) - April 2015
音樂: Bella - Maître Gims

級數: Absolute Beginner



Intro : 32 counts (18 seconds)

MAMBO (FORWARD & BACK) , MAMBO (RIGHT & LEFT)

1&2 Rock right forward, recover on left, step right next to left
3&4 Rock left back, recover on right, step left next to right
5&6 Rock right to side, recover on left, step right next to left
7&8 Rock left to side, recover on right, step left next to right

RIGHT, TOGETHER, CHASSE RIGHT, LEFT, TOGETHER, CHASSE LEFT

1-2 Step right to side, step left together
3&4 Step right to side, step left next to right, step right to side
5-6 Step left to side, step right together
7&8 Step left to side, step right next to left, step left to side

SHUFFLE FORWARD (RIGHT & LEFT), PIVOT ½ TURN LEFT, SHUFFLE FORWARD

1&2 Step right forward, step left together, step right forward
3&4 Step left forward, step right together, step left forward
5-6 Step right forward, pivot ½ turn left (weight on left)
7&8 Step right forward, step left together, step right forward

PIVOT ½ TURN RIGHT, SHUFFLE FORWARD, PADDLE FULL TURN TO LEFT

1-2 Step left forward, pivot ½ turn right (weight on right)
3&4 Step left forward, step right together, step left forward
5&6& Step right forward, ¼ turn left and recover on left, step right forward, ¼ turn left and recover on left
7&8& Step right forward , ¼ turn left and recover on left, step right forward, ¼ turn left and recover on left