

Little Bella

拍數: 32 牆數: 4 級數: Improver
編舞者: Maryloo (FR) - April 2015
音樂: Bella - Maître Gims



Intro : 32 counts (18 seconds) - No Tag – No Restart

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 ¼ TURN 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, ¼ turn left & step left forward (9.00)

DOROTHY STEPS FORWARD (RIGHT & LEFT), STEP PIVOT ½ TURN LEFT, SHUFFLE FORWARD

1-2& Step right forward to right diagonal, lock step left behind right, step right forward to right diagonal
3-4& Step left forward to left diagonal, lock step right behind left, step left forward to left diagonal
5-6 Step right forward, pivot ½ turn left (weight on left) (3.00)
7&8 Step right forward, step left next to right, step right forward

MAMBO FORWARD STEPPING BACK , BACK HEEL TWIST (RIGHT & LEFT), SAILOR ¼ TURN RIGHT, 3/4 TURNING VOLTA STEPS RIGHT

1&2 Rock left forward, recover on right, step left back
3-4 Step right back and grind left heel, step left back and grind right heel
5&6 Step right behind left, step left next to right, step right forward
&7&8& Lock left behind right , make ¼ turn right and step right forward, lock left behind right, make ¼ turn right and step right forward, lock left behind right and ¼ turn right (3.00)