Ciao Bella

拍數: 32

編舞者: Gordon Timms (UK) - July 2015

音樂: Bella Sirena - Orchestra Mario Riccardi

Musical introduction - 32 Counts. - Start on the vocals... [97 BPM - Track time: 3:44 mins]

Please Note - No Tags Or Restarts!!

Samba Walks, Step Lock Step, Quarter Turn and Side, Diagonal Right 'Volta'

- 1 2
 3 & 4
 Step right forward, lock left behind right, step right forward.
- 5 6 Turning ¹/₄ turn right step back on left, Step right to right side. (3:00)
- 7 & 8 On a slightly forward diagonal, Cross left over right, step right to right side, cross left over right..
- FACES: 3:00

Quarter Turn and Side, Diagonal Left 'Volta', Step, Half Turn Pivot Right, Step, Lock, Step.

1 - 2 Turning ¼ turn left step back on right, Step left to left side. (12:00)
3 & 4 On a slightly backward diagonal, Cross right over left, step left to left side, cross right over left.
5 - 6 Step back on Left pivot ½ turn right (5) Step forward on to Right (6) (6:00)
7 & 8 Step left forward, lock right behind left, step left forward.
FACES: 6:00

Step, Touch, Low Kick Across, Side Step, & Touch, Two low flicks, Behind Side Cross.

1 - 2 Step right to right side, touch left toe next to right instep. (Keep weight on Right)
3 & 4 Low kick forward on left over right, long step left to left side, touch right foot next to left.
5 - 6 With the Right foot, flick it twice on the Right diagonal (1)(2) keeping the toe pointing down!!
7 & 8 Step Right behind Left, step Left to Left side, cross step Right over Left.

FACES: 6:00

'Boto Fogos' to the Right and Left, Rock, Replace, Sway, Modified Forward Coaster Step.

- 1 a 2 Rock left out to left side, recover on to right, travelling slightly forward cross left over right.
- 3 a 4 Rock right out to right side, recover on to left, travelling slightly forward cross right over left.
- 5 6 Rock Left out to Left side (5) Recover weight on to Right(6)
- 7 & 8 Sway weight on to Left, Step Right next to Left, Step Left slightly forward..

FACES: 6:00

FINISH: Last strains of music....! Facing the front...two 'Corta Jaca' steps look good at the end?) NOTE: Kicks and Flicks in Latin dances are always done from the knee action...keeping the toe of your foot pointing down to the floor.

ENJOY THE DANCE!

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I am dedicating this dance to a dear line dance friend and instructor – Sally George – Eugene – Oregon - USA.





級數: Beginner / Improver - Samba

rhythm

牆數:2