

Belle

拍數: 98 牆數: 4 級數: Intermediate Rumba
編舞者: Rex Chuan (USA) - August 2020
音樂: Belle - Patrick Fiori, Garou & Daniel Lavoie



Start: After 20 counts of introduction, with vocal - Restart: 1

S1: Rock Recover, Side, Cross, Rock Recover, Toe Grind, Forward

- 123&4. Cross rock RF(1), through arms for styling, continue(2), recover (3), step RF R (&), cross LF(4)
5678. Rock RF R (5), recover (6), RF toe grind near LF(7), step LF forward(8)

S2: Turn & Back Tap, Sway, Toe Drag, Skate & Toe Drag x3

1234. Half Turn R and tap RF backwards(1), R quarter turn and shift weight on to RF(2,3), drag LF together (4)
567&8&. Step LF diagonally (5), toe drag RF together(6), step RF diagonally (7), toe drag LF together (&), step LF diagonally (8), half turn R(&) (3:00)

S3: Back Rock Recover, Cross x4

1234. Rock RF backwards(1,2), recover (3,4)
5678. Cross RF(5), cross LF(6), cross RF(7), cross LF(8) (3:00)

S4: Swivel & Forward, Forward, Arm Through, Flick Back Cross x2

1234. R $\frac{3}{4}$ swivel on LF and step RF forward(1), step LF forward (2) and reach out R arm forward from down up, continue(3,4)
5678. Flick LF back and step back across RF(5), hold 6, flick RF back and rock step back across LF(7), continue on 8, recover(&) (12:00)

S5: Cross, Rock Recover, Turn & Tap, Spiral Turn, Three Step Turn

1234. Cross tap RF(1), move weight on RF(2), rock LF L(3), recover (4)
5678&. Quarter turn R and tap LF forward(5), move weight to LF(6), swivel R $\frac{3}{4}$ turn(7), R quarter turn and step RF forward(&), R quarter turn and step LF L(&) and R quarter turn for next step (12:00)

S6: Back, Toe Grind, Forward, Forward, Pivot Turn, Turn & Tap, Turn & Back

1234. Step RF backwards (1), LF toe grind near RF(2,3), step RF forward(4)
5678&. Step LF forward(5), swivel R half turn and step RF forward (6), R quarter turn and tap LF forward(7), weight on LF and R half turn(8) (3:00)

S7: Back, Hip Down, Arms Up

- 1 2. Step RF back(1), hip down(2) and arms up from sides
(Yes, only 2 counts!)

S8: Arms On Top, Sway, Sway, Sway, Pivot Turn, Full Swivel Turn, change Foot

1234. Arms to top(1), arms down (2), sway forward(3), sway backwards(4)
5678. Sway forward(5), R half turn and step RF forward(6), swivel full turn on RF with LF together (7), weight on LF(8)(3:00)

S9: Back & Lounge, Toe Drag, Forward, Pivot Turn, Swivel Turn & Forward, Full Swivel Turn

1234. Large step backwards hip down (1,2), swivel R quarter turn and toe drag LF in(3,4)
5678. Step LF forward (5), swivel R half turn and step RF forward(6), swivel R half turn and step LF forward(7), Swivel R full turn(8) (12:00)

S10: Forward, Forward, Swivel & Forward, Turn & Side, Weave

1234. Step RF forward(1), step LF forward(2), swivel R half turn and step RF forward(3), R quarter turn and step LF L(4)
5678. Hold 5, cross RF(6), step LF L(7), cross RF(8)(9:00)

S11: Arms Up, Unwind, Forward, Pivot Turn, Toe Grind

1234. Raise arms over head(1), slowly swivel L $\frac{3}{4}$ turn(2,3,4)
5678. Step RF forward(5), swivel L half turn while LF together on toe(6), step LF forward(7), toe grind RF(8) (6:00)

S12: Side, Turn & Back, Turn & Side, Turn & Back, Turn & Side

1234. Step LF L(1), R quarter turn and rock RF backwards(2), recover(3), L quarter turn and step RF R(4)
5678. Hold 5, L quarter turn and rock LF backwards(6), recover (7), R quarter turn and step LF L(8) (6:00)

S13: Back Rock Recover, Cross Tap, Weight On, Side Rock Recover, Turn & Forward

1234. Hold 1, rock RF backwards (2), recover (3), toe RF across LF(4)
5678. Step on RF(5), rock LF L(6), recover (7), R quarter turn and step forward (8) (9:00)

Special Restart: After the third wall, start the wall 4 from S5 instead of from top.
