

Bella Ciao

拍數: 32 牆數: 1 級數: Improver samba
編舞者: Jim PAVADÉ (FR) - May 2022
音樂: Watazu Remix - Samba (bellaciaoextended)



The dance starts with the body weight on the LF

Section 1 [1-8]: Whisk to R & L, Cross Samba with ½ turn to R, Cross Samba with ¼ to L

- 1 & 2 RF to side, LF behind RF on ball, Recover on RF (12:00)
- 3 & 4 LF to side, RF behind LF on ball, Recover on LF
- 5 & 6 RF forward with ¼ turn R, LF to side on ball with ¼ turn R, RF recover (06:00)
- 7 & 8 LF forward, RF to side on ball with 1/4 turn to left, LF recover (03:00)

Section 2 [9 – 16]: Ball Cross X2, Volta Full Turn to Left

- & 1 2 RF forward on ball, LF cross over RF with ¼ turn L (12:00), Hold
- & 3 4 RF to side on ball, LF cross over RF with ¼ turn L (09:00), Hold
- & 5 RF to side on ball, LF cross over RF with ¼ turn L
- & 6 RF to side on ball, LF cross over RF with ¼ turn L
- & 7 RF to side on ball, LF cross over RF with ¼ turn L
- & 8 RF to side on ball, LF cross over RF with ¼ turn L (09:00)

Section 3 [17 -24]: 2 Steps Back of Paddle Turn, Behind-Side-Cross, 2 Steps Back of Paddle Turn, Behind-Side-Forward

- 1 & 2 & RF point back with 1/8 turn R, Recover on LF x2 (12:00)
- 3 & 4 RF cross behind LF, LF to side, RF cross over LF
- 5 & 6 & LF point back with 1/8 turn L, Recover on RF x 2 (09:00)
- 7 & 8 LF cross behind RF, RF to side, LF forward with 1/8 turn R (10:30)

Section 4 [25 -32]: Step Together Bent Knees-Back Hips Bump, Step Back, Side, Hips Roll-Touch

- 1 2 RF together bent knees, Hips back stretching the legs
- 3 4 LF back on the diagonal, Point RF forward with hips bump
- & RF to side (12:00)
- 5 6 7 Hips roll clockwise on 5 (L) - 6 (R) – 7 (L)
- 8 Touch RF closed to LF

Final: during the sixth wall, go to the ninth step (ball cross) facing 12:00.

Enjoy !