

# 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 !