

Bella Notte

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Chika Hapsari (INA) - July 2022
音樂: Movimento lento (feat. Federico Rossi) - Annalisa



Intro: 16 Count

****2x RESTARTS & 1x TAG, see the detailed description at the bottom of sheet**

S1. SYNCOPATED CHASSE R-L – CUMBIA R-L

1&2& Step R to side – Step L close to R – Step R to side – Touch L beside R
3&4 Step L to side – Step R close to L – Step L to side
5&6 Cross R behind L – Step L in place – Step R to side
7&8 Cross L behind R – Step R in place – Step L to side (12:00)

S2. WEAVE SWEEP – BEHIND – SIDE – CROSS – V STEP WITH CLAPS

1&2 Cross R over L – Step L to side – Cross R behind L and sweeping L out to side
3&4 Cross L behind R – Step R to side – Cross L over R
5-6 Step R diagonal forward & clap hands beside right ear – Step L diagonal forward & clap hands beside left ear
7-8 Step R back to centre & clap hands beside right hip – Step L back to centre & clap hands beside left hips (12:00)

Restart here On Wall 3

S3. SYNCOPATED CHASSE DIAGONAL FORWARD R-L – BACKWARD R-L-R-L

1&2& Step R diagonal forward – Step L close to R – Step R diagonal forward – Touch L beside R (10:30)
3&4& Step L diagonal forward – Step R close to L – Step L diagonal forward – Touch R beside L (1:30)
5-6 Step R back (Squaring body to front 12:00) – Step L back
7-8 Step R back – Step L close to R (12:00)

S4. CROSS SAMBA R-L – JAZZ BOX TURN ¼ RIGHT

1&2 Cross R over L - Rock L to side – Recover On R
3&4 Cross L over R – Rock R to side – Recover On L
5-6 Cross R over L – Turn ¼ right step L back
7-8 Step R to side – Cross L over R (3:00)

***Restart here on Wall 6, change step on count 6 Step L back (Jazz box without turn) + TAG (8 Count) then restart**

S5. VOLTA TURN ¾ R-L

1&2& Turn 1/8 right Cross R over L – Step L to side – Turn 1/8 right Cross R over L – step L to side ((6:00)
3&4 Turn ¼ right Cross R over L – Step L to side – Turn ¼ right cross R over L (12:00)
5&6& Turn 1/8 left Cross L over L – Step R to side – Turn 1/8 left Cross L over R – Step R to side (9:00)
7&8 Turn ¼ left Cross L over L – Step R to side – Turn ¼ Left Cross L over R (3:00)

S6. SAMBA WHISK R-L – FORWARD MAMBO – BACKWARD MAMBO

1 a2 Step R to side – Ball L behind R - Step R in place
3 a4 Step L to side – Ball R behind L – Step L in place
5&6 Step R forward – Recover on L - Step R back
7&8 Step L back – Recover on R – step L forward (3:00)

RESTART : On Wall 3 After 16 Count & Wall 6 After 32 Count (change step on S4 count 6 Step L back (JAZZ BOX without turn) face 12 o'clock + TAG then Restart

TAG : (8 Count) – On Wall 6 After 32 count before Restart

TOUCH - ARM MOVEMENT - DRAG - ARM MOVEMENT

1-4 Touch R to side & push right hand forward / lift right hand up across body within 4 counts

5-8 Drag R close to L & pull right hand back towards body slowly within 4 counts

ENDING : On Wall 7 Section 6 Count 8 - Turn 1/4 left Touch L to side then Pose !

REPEAT

For more info about step sheet & song, please contact:

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