

La Bella Vita

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Hilary Usher (UK) - March 2024
音樂: Ma non tutta la vita - Ricchi & Poveri



Intro: 16 counts

Section 1 STEP HOLD AND STEP HOLD AND ROCK RECOVER COASTER STEP

1 2& Step R foot forward, hold and on the '&' count step L next to R
3 4& Step R foot forward, hold and on the '&' count step L next to R
5 6 Rock forward onto R recover onto L
7&8 Step R back, step L next to R step forward onto R

Section 2 STEP HOLD AND STEP HOLD AND ROCK RECOVER COASTER STEP

1 2& Step L forward, hold and on the '&' count step R next to L
3 4& Step L forward, hold and on the '&' count step R next to L
5 6 Rock forward onto L recover onto R
7&8 Step L back, step R next to L, step forward onto L

3RD WALL TAG (V STEP RLRL) AND RESTART FROM BEGINNING

Section 3 ROCK RECOVER SHUFFLE ½ TURN, ROCK RECOVER SHUFFLE ½ TURN

1 2 Rock forward onto R recover onto L
3&4 Step ¼ R to R side, step L next to R (&) ¼ R forward RLR (6 O Clock)
5 6 Rock forward onto L recover onto R
7&8 Step ¼ L to L side, step R next to L (&) ¼ L forward LRL (12 O Cclock)

Section 4 2 x ¼ HIP ROLLS (½ TURN L), DIAGONAL ROCKING CHAIR

1 2 Step forward on R, pivot ¼ rolling hips anticlockwise (9 O Clock)
3 4 Step forward on R, pivot ¼ rolling hips anticlockwise (6 O CLOCK)
5 6 Diagonally Rock R forward recover on L (L diagonal facing 5.30)
7 8 Diagonally Rock R back recover on L (facing 5.30)

WALL 6 TAG (V STEP RLRL) AND RESTART FROM BEGINNING

Section 5 CROSS ROCK CHASSE RIGHT, CROSS ROCK CHASSE LEFT

1 2 Cross R over L, step back onto L
3&4 Step R to R side, step L next to R (&) step R to R side
5 6 Cross rock L over R, step back onto R
7&8 Step L to L side, step R next to L (&) step L to L side

Section 6 WEAVE, FRONT, SIDE, BEHIND, ¼ TURN, PIVOT ½ TURN, FULL TURN L

1 2 Cross R over L. step L to L side
3 4 Step R behind L, step L to L side making ¼ turn L (3 O clock)
5 6 Step R forward and pivot ½ turn L (9 O clock)
7 8 Step forward on RL making full turn L (easy option walk forward LR) 9 O Clock

Section 7 STEP LOCK STEP TAP, STEP LOCK STEP TAP

1 2& Step forward on R hold (&) lock L behind R
3 4 Step forward on R, tap L toe behind R heel
5 6& Step forward on L, hold (&) lock R behind L
7 8 Step forward on L, tap R toe behind L heel (9 O Clock)

Section 8 HEEL HOLD & HEEL HOLD & HEEL & HEEL & HEEL & TOUCH

&1 2 Step back on R, push L heel forward and hold

&3 4 Step back on the L and push R heel forward and hold
&5&6 Step back on R, push L heel forward & hold, step back on L push R heel forward
&7&8 Step back on R and push L heel forward and step back on L and touch R toe next to L

START OVER

2 EASY TAGS AND RESTARTS ON WALLS 3 & 6

WALL 3 AFTER COUNT 16 (SECTION 2)

V STEP Step diagonally forward RL (out,out), step diagonally back RL (in,in) and restart dance from the beginning.

WALL 6 AFTER COUNT 32 (SECTION 4)

V STEP Step diagonally forward RL(out, out)step diagonally back RL (in, in) and restart dance from the beginning

ENDING

Section 8 3 heel switches make a ¼ turn to finish facing 12 O Clock

Choreographer Hilary Usher E mail - hilaryusher@hotmail.com

Note: With thanks to Marina who suggested the music and to Jan for the title!
