

Oh Bella

拍數: 32 牆數: 4 級數: Improver
編舞者: Harry Samana (INA) & Cinta Lia (INA) - August 2024
音樂: MAITRE GIMS BELLA - DJ MAST MIX



NO TAG NO RESTART
START INTRO DANCE AFTER 32 COUNT

#part A. SWAY 2X , CHASSE , SWAY 2X , CHASSE

123&4 Sway R – L , step RF to side right – step next LF beside RF – step RF to side right
567&8 Sway L – R , step LF to side left – step next RF beside LF – step LF to side left

#part B. MAMBO R – L , PIVOT TWICE

1&234 Step RF forward – recover on LF – step RF back - step LF back - recover on RF - Step LF forward
5678 Step RF forward - ½ L step LF in place – step RF forward - ½ L step LF in place

#part C. REPEAT PART A.....

#part D.

1234 ¼ L step L to side right with roll hip to R – recover on LF , ¼ L step L to side right with roll hip to R – recover on LF
5678 ¼ L step L to side right with roll hip to R – recover on LF , ¼ L step L to side right with roll hip to R – recover on LF

MAIN DANCE

S1. Whisk Right – left , Side , Together , Shuffle forward ,

1a2 Step RF to side right – ball LF behind RF – cross RF over LF
3a4 Step LF to side left – ball RF behind LF – cross LF over RF
56 step Rf to side right – close LF beside right
7&8 Step RF forward – step next LF beside RF – step RF forward

S2. Whisk Right – left , Side , Together , Shuffle forward ,

1a2 Step LF to side left – ball RF behind LF – cross LF over RF
3a4 Step RF to side right – ball LF behind RF – cross RF over LF
56 step Lf to side left – close RF beside left
7&8 Step LF forward – step next RF beside LF – step LF forward

S3. DIAMOND ¼ R , SIDE ROCK – RECOVER , CROSS SHUFFLE

1&2 Cross RF over LF – ¼ R step LF to side left – step RF back
3&4 step LF back – ¼ R step RF to side right – step LF forward
56 Rock RF to side right – recover on LF
7&8 Cross RF over LF – ball LF to side left – cross RF over LF

S4. MAMBO L - R , PIVOT RIGHT , FLICK , SHUFFLE

1&2 rock LF forward – recover on R – step LF back
3&4 Rock RF back – recover on LF – step RF forward
56 Step LF forward - ½ R step on RF forward with flick
7&8 Step LF forward – step next RF beside LF – Step LF forward

