

Bella Ciao

拍數: 48 牆數: 2 級數: Phrased Improver
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音樂: Bella Ciao - Esteriore Brothers



Intro: 16 count (approximately 00:07 secs)

Sequence : A, A, B, A, A, Tag, A* (The step are the same but follow the tempo of the music), B, A, A

PART. A (32 COUNT)

A1. V STEP, ROCKING CHAIR

1-4 Step R diagonal forward – Step L diagonal forward – Step R back to center – Step L together (12:00)
5-8 Rock R forward – Recover on L – Rock R back – Recover on L

A.2. WALK FORWARD, FORWARD LOCK SHUFFLE – PIVOT 1/2 TURN RIGHT – FORWARD LOCK SHUFFLE

1-2 Step R Forward – Step L Forward
3&4 Step R Forward – Lock L behind R – Step R Forward
5-6 Step L Forward – Turn 1/2 right weight on R (6:00)
7-8 Step L Forward – Lock R behind L – Step L Forward

A3. WALK FORWARD, CHARLESTON STEP, COASTER STEP, PIVOT 1/4 TURN LEFT

1-4 Step R forward – Step L forward – Touch R forward – Step R back (6:00)
5&6 Step L back – Step R together – Step L forward
7-8 Step R forward – Turn 1/4 left weight on L (3:00)

A4. SAMBA CROSS, JAZZBOX CROSS TURN 1/4 RIGHT

1&2 Cross R over L – Rock L to side – Recover on R (3:00)
3&4 Cross L over R – Rock R to side – Recover on L
5-8 Cross R over L – Turn 1/4 right step L back (6:00) – Step R to side – Step L forward slightly cross over R (6:00)

PART. B (16 COUNT)

B1. VINE RIGHT & VINE LEFT

1-4 Step R to side – Cross L behind R – Step R to side - Touch L together (12:00)
5-8 Step L to side – Cross R behind L – Step L to side - Touch R together

B2. FORWARD, TOUCH, WALK BACK, TOGETHER

1-4 Step R forward – Touch L to side – Step L forward – Touch R to side (12:00)
5-8 Step R back – Step L back – Step R back – Step L together

REPEAT

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

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