

# Bellissimo

**COPPER** **NOB**  
BY STEPHEN

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: William Sevone (UK) - June 2007  
音樂: Ring My Bells - Enrique Iglesias



Choreographers note:- The dance includes an optional intro which was created by Joyce Lim (Jus Danz, Singapore).

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Optional intro starts when Enrique starts to sing 'Ring my bells' for the first time.

Main dance starts after 'Ring my bells' intro & 3 counts into the short musical break. Feet apart, weight on right.

## THE JOYCE LIM INTRO ('RINGING THE BELLS')

- 1 – 2      With slight hip roll - turn towards right (use arms to accentuate move). Return to centre.
- 3 – 4      With slight hip roll - turn towards left (use arms to accentuate move). Return to centre.
- 5 – 7      Straightening up – run hands up front of thighs to side of hips (over three counts).

Dance note: Counts 1-4 - feet shoulder width apart & bending at knees.

Repeat Counts 1-7 three more times (four in total) – then HOLD for 3 counts (musical break)

## 2X BEHIND-3 SWAYS (12:00)

- 1 – 2      Step left behind right. Rock/sway right to right side.
- 3 – 4      Sway onto left. Sway onto right.
- 5 – 6      Step left behind right. Rock/sway right to right side
- 7 – 8      Sway onto left. Sway onto right

## 1/2 LEFT SIDE. PUSH STEP. RECOVER. EXTENDED GRAPEVINE. (6:00)

- 9 – 10      Turn ½ left & step left to left side. Cross push step right over left.
- 11 – 12      Recover onto left. Step right to right side.
- 13 – 14      Cross left over right. Step right to right side.
- 15 – 16      Step left behind right. Step right to right side.

## HIP ROLLS. BEHIND. 1/2 LEFT. HIP ROLLS (12:00)

- 17 – 18      (bending at knees) Roll hips to left. Roll hips to right.
- 19 – 20      (straightening up) Roll hips to left. Roll hips to right.
- 21 – 22      Step left behind right. Unwind ½ left.
- 23 – 24      (bending knees slightly) Roll hips to right. Roll hips to left.

## CROSS SHUFFLE. ROCK. RECOVER. CROSS SHUFFLE. SIDE. 1/2 HIGH SWEEP (6:00)

- 25 & 26      (leaning right) Cross shuffle left stepping: R.L-R.
- 27 – 28      (leaning left) Rock left to left. Recover onto right.
- 29 & 30      (still leaning left) Cross shuffle right stepping: L.R-L.
- 31 – 32      Step right to right side. High sweep left foot ½ left.

## 1/4 HIGH SWEEP FWD. CROSS-STEP BWD. 3/4 HIGH SWEEP FWD. CROSS-STEP BWD. 1/4 SWEEP (9:00)

- 33      Continue sweep for a further ¼ left & step forward onto left (3).
- 34      (bending knees) Cross right over left – sweeping right hand to left.
- 35 – 36      (straightening up) Step backward onto left. High sweep right foot ½ right (9).
- 37      Continue sweep for a further ¼ right & step forward onto right (12).
- 38      (bending knees) Cross left over right – sweeping left hand to right.
- 39 – 40      (straightening up) Step backward onto right. Sweep turn ¼ left.

**2X ROCK-ROCK-TOGETHER. CROSS. SIDE (9:00)**

- 41 – 42            Rock/sway left to left side. Recover onto right.
- 43                Step left next to right.
- 44 – 45            Rock/sway right to side. Recover onto left.
- 46                Step right next to left.
- 47 – 48            Cross left over right. Step right to right side.

**TAG: At end of wall 4 (facing 12) and (the final) wall 7 (facing 3):**

**With knees bent and turning with rolls – also use the arms and hands swaying side to side**

- 1 – 4             Roll body to left. Roll body to right (2 counts each direction)
- 5 – 8             Roll body to left. Roll body to right (2 counts each direction)
- 9 – 12            Roll body to left. Roll body to right (2 counts each direction)
- 13 – 16           Roll body to left. Roll body to right (2 counts each direction)

**Any combination of body rolls (as long as they are slow) will look good - only go as low as comfortable. Remembering that by count 16 the dancer should be 'upright with weight on right foot'.**

**Revised on site - 10th May 2011**

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