

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
