

Belle Amor

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Wanda Heldt (AUS) - February 2011
音樂: Rebelde Amor - Belle Perez



Dedicated to Linda & Bill Morris 1st. Granddaughter Annabella Shanti Morris.

S1. HIP BUMPS R,L, HIP BUMPS R.L.R. ROCK, RECOVER, BACK, TOGETHER, STEP

1-2 Step Right forward to slight diagonally right, bump hips Right, Left.
3&4 Bump hips Right, Left, Right.
5-6 Rock forward on Left, Recover on Right.
7&8 Step back on Left, Step Right next Left, Step forward on to Left.

S2. STEP, STEP BEHIND, TURN 1/4 LEFT, HOLD, TURN 1/4 LEFT, STEP BEHIND, TURN 1/4 LEFT, HOLD

1-2 Step Right to Right, Step Left behind Right.
3-4 Turn 1/4 turn Right as you step forward on Right, Hold. [3:00]
5-6 Turn 1/4 Right as you step on Left, Step Right behind Left. [6:00]
7-8 Turn 1/4 turn Left as you step forward on Left, Hold. [3:00]

S3. SWAY R. L. CHA-CHA, WALK BACK L.R.L. HOLD

1-2 Sway Right as you step Right, Sway Left as you recover on Left.
3&4 Cha-cha R.L.R in place.
5-8 Walk back Left, Right, Left, Hold.

Alternate.. Sweep back as you walk back...

S4. WIDE STEP TO RIGHT, DRAG, STEP, RECOVER, CROSS ROCK, RECOVER, SIDE STEP, HOLD

1-2 Turn 1/4 Left on balls of left foot, Step wide on Right to Right side, Drag Left toward Right,
3-4 Rock back behind Right, Recover on Right.
5-6 Rock Left across Right, Recover on Right,
7-8 Step out Left to Left side, Hold.

Restart.....

**Have fun using your hips !!!!!
Have fun in life & in dance**

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