

Bella Mia

拍數: 48 牆數: 0 級數: Ultra Beginner Contra
編舞者: Annegret Dominguez (FR) - August 2013
音樂: Bella mia - Ringo Story : (Album: Gringo)



Alt.: On My Radio by The Woolpackers

[1-8] HEEL R, HEEL R, STOMPS RLR, HEEL L, HEEL L, STOMPS LRL,

1-2 Touch R heel diagonal forward, touch R heel diagonal forward,
3&4 stomp right next to left, stomp left in place, stomp right in place (syncopated steps),
5-6 touch L heel diagonal forward, touch L heel diagonal forward,
7&8 stomp left next to right, stomp right in place, stomp left in place (syncopated steps),

[9-16] HEEL, CROSS, SHUFFLE FWD R, SHUFFLE FWD L, R STEP FWD, ½ TURN LEFT,

1-2 Touch R heel diagonal forward, cross R heel in front of left leg,
3&4 shuffle R forward (stepping right, left, right),
5&6 shuffle L forward (stepping left, right, left),
7-8 step right forward, pivot ½ turn to left (putting weight onto left),

[17-24] HEEL R, HEEL R, STOMPS RLR, HEEL L, HEEL L, STOMPS LRL,

1-2 Touch R heel diagonal forward, touch R heel diagonal forward,
3&4 stomp right next to left, stomp left in place, stomp right in place (syncopated steps),
5-6 touch L heel diagonal forward, touch L heel diagonal forward,
7&8 stomp left next to right, stomp right in place, stomp left in place (syncopated steps),

[25-32] HEEL, CROSS, SHUFFLE FWD R, SHUFFLE FWD L, R STEP FWD, ½ TURN LEFT,

1-2 Touch R heel diagonal forward, cross R heel in front of left leg,
3&4 shuffle R forward (stepping right, left, right),
5&6 shuffle L forward (stepping left, right, left),
7-8 step right forward, pivot ½ turn to left (putting weight onto left),

[33-40] TURN WITH OPPOSITE PERSON TO THE RIGHT DOING SHUFFLES,

join the opposite person in the middle and turn to the right (holding each other right hand to right hand or right arm into right arm):

1&2 R shuffle (stepping right, left, right),
3&4 L shuffle (stepping left, right, left),
5&6 R shuffle (stepping right, left, right),
7&8 L shuffle (stepping left, right, left),

[41-48] TURN WITH THE SAME PERSON TO THE LEFT DOING SHUFFLES, SHUFFLE BACK TO CONTRA DANCE POSITION.

change direction to turn left:

1&2 R shuffle (stepping right, left, right),
3&4 L shuffle (stepping left, right, left),

during the last two shuffles take initial contra dance position (except for 2nd and 4th wall where followed by the Tag):

5&6 R shuffle (stepping right, left, right),
7&8 L shuffle (stepping left, right, left).

Tag : on 2nd and 4th wall: repeat here steps 33 to 48

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