BELLA BELLA

Choreographed by Kate Sala & Raymond Sarlemijn Description: Phrased, 4 wall, Intermediate Single Line Dance

Music: Bella Bella Signorina by Patrizio Buanne

Sequence: AAB AAB A AAB AAB AB BA

Start dancing on lyrics



PART A (VERSE)

STEP, PIVOT TURN 1/2, STEP, SIDE, TOGETHER, BACK, BACK ROCK, FORWARD ROCK, FLICK, SHUFFLE

1&2 Step left forward, turn ½ right (weight to right), step left forward (6:00)

3&4 Step right to side, step left together, step right back

5-6 Rock left back, recover to right7& Step left back, flick right back

8&1 Step right forward, step left together, step right forward

MAMBO STEP WITH RONDE TURN 1/4, SAILOR STEP, STEP, PIVOT TURN 1/2 WITH KNEE POP, STEP

2& Rock left forward, recover to right

3 Turn ¼ right and step left back and sweep right front to side (9:00)

4&5 Cross right behind left, step left to side, step right forward

6-7 Step left forward, turn ½ right (weight to left)

Pop right knee forward keeping weight left back

8 Step right forward (3:00)

PART B (CHORUS)

CROSS MAMBO, CROSS, FULL UNWIND, SYNCOPATED CHASSE RIGHT

1&2 Cross/rock left over right, recover onto right, big step left to side

3-4 Cross right over left, unwind a full turn left

5&6& Step right to side, step left together, step right to side, step left together

7&8 Step right to side, step left together, step right to side

STEP PIVOT ½ RIGHT, STEP PIVOT TURN ½ RIGHT, MAMBO STEP, TOUCH, PIVOT TURN ¼ FLICK, STEP

1-2 Step left forward, turn ½ right (weight to right)
3-4 Step left forward, turn ½ right (weight to right)
5&6 Rock left forward, recover to right, step left together

7&8 Touch right toe to side, turn ¼ left and flick right back, step right forward

REPEAT

