

Bella

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Raymond Sarlemijn , Darren Bailey & Michel Platje (Feb 2015)

Music: Maitere Grims - Bella

S1: Samba whisks, walks, shuffle, step

1RF step to right side

aLF step behind RF

2RF step slight over LF

3LF step to left side

aRF step behind LF

4LF step slight over RF

5RF walk forward

6LF walk forward

7RF step forward

&LF step behind RF

aLF step forward

8RF step forward

S2: Butacada's, Coasterstep, shoulderroll, chestpump

1RF rock forward

&LF Recover

aRF step back

2LF rock forward

&RF recover

aLF step Back

3RF rock forward

&LF recover

4RF step back ¼ turn left (9.00)

5LF step backwards

&RF step next to LF

6LF step forward

7 Roll shoulders from back to front

& Press chest forward

8 Push chest back

S3: 2 x Kickball touch, Botafogas

1RF kick forward

&RF next to LF

2LF point backwards

3LF kick forward

&LF next to RF

4RF point backwards

5RF cross over LF

&LF step to left side

6RF touch diagonal forward

&RF step next to LF

7LF cross over RF

&RF step to right side

8LF point diagonal forward

&LF step next to RF

S4: ½ Samba Diamond, walk, mambo cross

1RF cross over LF

&LF step to left side

2RF step back 1/8 diagonal

3LF step behind RF 2/8 (12.00)

&RF step next to LF

4LF step forward diagonal 1/8 (1.30)

5RF step forward

6LF step forward

7RF rock to right side

&LF recover

8RF cross over LF

S5: Side rock, 2 x Volta steps

1LF rock to left side

&RF recover

2LF cross over RF

&RF step side 1/8 left(12.00)

3LF step forward ¼ left(9.00)

&RF step to right side ¼ left (6.00)

4LF cross over RF

5RF step to right side whilst doing this point left toe

6-7 Hold or hip rolls

&LF next to RF

8RF cross over LF

S6: Cross shuffle $\frac{3}{4}$ turn, triple step $\frac{1}{4}$ turn, rock step, vine

1LF step $\frac{1}{4}$ to left

&RF step behind LF $\frac{1}{4}$ left

2LF cross over RF $\frac{1}{4}$ turn left (3.00)

3RF step back $\frac{1}{4}$ turn left(6.00)

&LF next to RF

4RF cross over LF

5LF rock step side

6RF recover

7LF step behind RF

&RF step to right side

8LF cross over RF

S7: Side rock, side step, side rock, side together for,

1RF rock to right side

&LF recover

2RF next to LF

3LF step to left side

4RF next to LF

5LF rock to left side

&RF recover

6LF next to RF

7RF step to right side

&LF step next to RF

8RF step forward

S8: Side together forw, rock step, coaster step/pressure step, claps

1LF step to left side

&RF step next to LF

2LF step forward

3RF rock forward

&LF recover

4RF step back

5LF step backwards

&RF next to LF

6LF step forward (pressure step)

7-&8 Clap hands 3x