

BELLISIMO

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Count: 48 **Wall:** 4 **Level:** Intermediate

Choreographer: William Sevone (Jun 2007)

Music: Ring My Bells by Enrique Iglesias (115bpm)

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