Bellisimo (愉快美好) (zh)

Count: 48 **Wand:** 4 **Ebene:** Intermediate
Choreograf/in: William Sevone (UK) - 2007年06月
Musik: Ring My Bells - Enrique Iglesias : (Cd: Insomniac)

The Joyce Lim Intro ('Ringing The Bells') 前奏動作
Choreographers Note: The Dance Includes An Optional Intro Which Was Created By Joyce Lim (Jus Danz, Singapore).
這段前奏動作是由新加坡Jus Danz團體的Joyce Lim所編排的

1 – 2 With Slight Hip Roll - Turn Towards Right (Use Arms To Accentuate Move). Return To Centre. 輕輕轉臀轉面向右(雙手配合擺動), 轉回正

3 – 4 With Slight Hip Roll - Turn Towards Left (Use Arms To Accentuate Move). Return To Centre. 輕輕轉臀轉面向左(雙手配合擺動), 轉回正

5 – 7 Straightening Up – Run Hands Up Front Of Thighs To Side Of Hips (Over Three Counts). 站直-雙手以3拍的速度由大腿移到臀邊

Dance Note: Counts 1-4 - Feet Shoulder Width Apart & Bending At Knees.
第1-4拍雙腳與肩同寬略彎膝

Repeat Counts 1-7 Three More Times (Four In Total) – Then Hold For 3 Counts (Musical Break) 重覆這7拍動作總共四次, 最後停3拍準備起跳

第一段 2x Behind-3 Sways (12:00) 後踏, 三次擺臀 總共二次(面向12點鐘)

1 – 2 Step Left Behind Right. Rock/Sway Right To Right Side.
左足於右足後踏, 右足右踏右擺臀

3 – 4 Sway Onto Left. Sway Onto Right. 左擺臀, 右擺臀

5 – 6 Step Left Behind Right. Rock/Sway Right To Right Side
左足於右足後踏, 右足右踏右擺臀

7 – 8 Sway Onto Left. Sway Onto Right 左擺臀, 右擺臀

第二段 1/2 Left Side. Push Step. Recover. Extended Grapevine. (6:00)
1/2左踏, 推步 回復, 右華倫 右踏(面向6點鐘)

9 – 10 Turn ½ Left & Step Left To Left Side. Cross Push Step Right Over Left.
左轉180度左足左踏, 右足於左足前交叉推

11 – 12 Recover Onto Left. Step Right To Right Side.
左足回復, 右足右踏

13 – 14 Cross Left Over Right. Step Right To Right Side.
左足於右足前交叉踏, 右足右踏

15 – 16 Step Left Behind Right. Step Right To Right Side.
左足於右足後踏, 右足右踏

第三段 Hip Rolls (See Styling). Behind. 1/2 Left. Hip Rolls (See Styling) (12:00) 轉臀, 後, 轉, 轉臀

17 – 18 (Bending At Knees) Roll Hips To Left. Roll Hips To Right.
(彎膝)左轉臀, 右轉臀

19 – 20 (Straightening Up) Roll Hips To Left. Roll Hips To Right.
(站直)左轉臀, 右轉臀

21 – 22 Step Left Behind Right. Unwind ½ Left.
左足於右足後踏, 左繞轉180度

23 – 24 (Bending Knees Slightly) Roll Hips To Right. Roll Hips To Left.
(略彎膝)右轉臀, 左轉臀

第四段 Cross Shuffle. Rock. Recover. Cross Shuffle. Side. 1/2 High Sweep (6:00)
交叉交換, 左下沉 回復, 交叉交換, 右踏 繞轉(面向6點鐘)

25& 26 (Leaning Right) Cross Shuffle Left Stepping: R.L-R.
(傾向右)交叉交換-右, 左, 右

27 – 28 (Leaning Left) Rock Left To Left. Recover Onto Right.
(傾向左)左足左下沉, 右足回復

29& 30 (Still Leaning Left) Cross Shuffle Right Stepping: L.R-L.
(仍傾向左)交叉交換-左, 右, 左

31 – 32 Step Right To Right Side. High Sweep Left Foot ½ Left.
右足右踏, 左足向左大繞轉180度

第五段 1/4 High Sweep Fwd. Cross-Step Bwd (See Styling). 3/4 High Sweep Fwd. Cross-Step Bwd (See Styling). 1/4 Left (9:00)
繞1/4踏, 交叉 後踏, 右繞轉3/4, 交叉 前踏 1/4(面向9點鐘)

33 Continue Sweep For A Further ¼ Left & Step Forward Onto Left (3).
持續左繞轉90度左足前踏(面向3點鐘)

34 (Bending Knees) Cross Right Over Left – Sweeping Right Hand To Left.
(彎膝)右足於左足前交叉踏(右手繞向左)

35 – 36 (Straightening Up) Step Backward Onto Left. High Sweep Right Foot ½ Right (9). (站直)左足後踏, 右足向右大繞轉180度(面向9點鐘)

37 Continue Sweep For A Further ¼ Right & Step Forward Onto Right (12).
持續右繞轉90度右足前踏(面向12點鐘)

38 (Bending Knees) Cross Left Over Right – Sweeping Left Hand To Right.
(彎膝)左足於右足前交叉踏(左手繞向右)

39 – 40 (Straightening Up) Step Backward Onto Right. Turn ¼ Left.
(站直)右足後踏, 左轉90度

第六段 2x Rock-Rock-Together. Cross. Side (9:00)
下沉-回復-併踏, 交叉, 側踏 總共二次(面向9點鐘)

41 – 42 Rock/Sway Left To Left Side. Recover Onto Right.
左足左下沉, 右足回復

43 Step Left Next To Right. 左足併踏

44 – 45 Rock/Sway Right To Side. Recover Onto Left.
右足右下沉, 左足回復

46 Step Right Next To Left. 右足併踏

47 – 48 Cross Left Over Right. Step Right To Right Side.
左足於右足前交叉踏, 右足右踏

Tag: At End Of Wall 4 (Facing 12) And (The Final) Wall 7 (Facing 3):
加拍:第四面牆(面向12點鐘), 最後第七面牆(面向3點鐘)

With Knees Bent And Turning With Rolls – Also Use The Arms And Hands Swaying Side To Side 彎膝轉動身體, 雙手可以配合左右擺動

1 – 4 Roll Body To Left. Roll Body To Right (2 Counts Each Direction)
身體向左擺, 身體向右擺(每2拍一個方向)

5 – 8 Roll Body To Left. Roll Body To Right (2 Counts Each Direction)
身體向左擺, 身體向右擺(每2拍一個方向)

9 – 12 Roll Body To Left. Roll Body To Right (2 Counts Each Direction)
身體向左擺, 身體向右擺(每2拍一個方向)

13 – 16 Roll Body To Left. Roll Body To Right (2 Counts Each Direction)
身體向左擺, 身體向右擺(每2拍一個方向)

Any Combination Of Body Rolls (As Long As They Are Slow) Will Look Good - Only Go As Low As Comfortable.
這些身體擺動的動作, 只要慢慢擺動會很好看, 讓自己很舒服地儘量慢擺動

Remembering That By Count 16 The Dancer Should Be 'Upright With Weight On Right Foot' 最後1拍第16拍要站直重心在右足