

Belinda, Belinda

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: Seonaid M. Williams (SCO/NOR) - September 2021

Musique: Belinda - Marcus & Martinus & Alex Rose

Dance starts after 16 counts, on the vocals

WALK, WALK, SHUFFLE FORWARD, FORWARD MAMBO, SHUFFLE BACK

- 1,2,3&4 Step forward on RF, step forward on LF, step forward RF, step LF to RF, step forward RF
5&6 Rock forward LF, recover on RF, step back on LF
7&8 Step back RF, step LF to RF, step back RF

Note: SHUFFLE BACK can be replaced with LOCK SHUFFLE back - Step back RF, cross LF over RF, step back RF

FORWARD RHUMBA BOX L, CHASSÉ 1/4 TURN TO LEFT, SWAY, SWAY

- 1&2 Step LF to L, step RF beside LF, step forward on LF
3&4 Step RF to right, step LF beside RF, step back on RF
5&6 Step LF to left, step RF beside LF, 1/4 turn left stepping forward on LF
7,8 Step RF to right, sway or roll hips to right, sway or roll hips to left (figure of eight), weight on LF

RF SIDE, TOGETHER, MAMBO CROSS, LF SIDE TOGETHER, MAMBO CROSS

- 1,2,3&4 Step RF to right, step LF beside RF, rock RF to right, recover on LF, cross RF over LF
5,6,7&8 Step LF to left, step RF beside LF, rock LF to left, recover on RF, cross LF over RF (Option: Shimmy on steps 1,2 (Side, together))

STEP FORWARD, 1/4 TURN LEFT, STEP FORWARD, 1/4 TURN LEFT, CROSS SAMBA, CROSS SAMBA

- 1,2,3,4 Step forward on RF, 1/4 turn to left on LF (hip roll) Step forward on RF, 1/4 turn to left on LF (hip roll)
5&6,7&8 Cross RF over LF, rock LF to left, recover on RF, cross LF over RF, rock RF to right, recover on LF Start again

Have fun!