

La'Bella

Compte: 64

Mur: 1

Niveau: Intermediate



Chorégraphe: Eugena Gordon (USA) - May 2025

Musique: La - Bella Vantes

I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

PART 1: 16 COUNTS

KICK AND TIC AND STEP, KICK, STEP, KICK, STEP, LIFT, OUT OUT IN IN

1&2&3&4 Kick right foot, step on right, tic left back, step on left, and kick right, step on right, kick left
5&6&7&8& Step forward on left, lift right foot, step on right, lift left, left out, right out, left in, right in

RIGHT LEANING SIDE STEPS, LEFT LEANING SIDE STEP ENDING IN QUARTER LEFT TURN WITH HIP ROLLS

1&2&3&4 Step to right, left together, repeat
5&6&7&8 Two side steps to left making quarter left turn

REPEAT PART 1 THREE MORE TIMES TO RETURN TO FRONT WALL

PART 2: 32 COUNTS

HIP ROLLS RIGHT OUT, RIGHT IN, OUT OUT

1 2 Step right foot to right rolling hips for 1, 2
3 4 Step right foot in rolling hips for 3,4
5 6 7 8 Return right foot to right continuing hip rolls

FULL LEFT TURNING GRAPEVINE

1 2 Step right behind left, step on left starting left turn,
3 4 5 Step on right continuing left full turn, step on left still turning, step on right to side facing front
6 7 8 Step left foot behind right, step right to side, step on left

REPEAT PART 2

PART 3: 16 COUNTS

WALK FORWARD RIGHT, LEFT, SWIRL, PIMP WALK, EASY HALF TURN LEFT

1 2 3 4& Walk forward slowly on right, left, swirl right foot forward for 3, 4
5&6 Pimp walk on right foot going back for 5&6
7&8& Step back on left for 7, pivot on right making half right turn, rock back on left, recover right

REPEAT PART 3

*1st ROTATION – DANCE AS WRITTEN ABOVE

**2ND ROTATION – DANCE IS SAME EXCEPT THE FIRST TIME YOU DO PART 2 MAKE HALF TURNS INSTEAD OF FULL TURNS

***3RD ROTATION – SAME AS 1ST ROTATION

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