Bella Ciao

级数: Beginner

编舞者: Christine Guillemard (FR) - August 2019

音乐: Bella Ciao - Chico & The Gypsies

Intro : 32 counts

S1 : VINE, TOUCH, VINE, TOUCH

- 1, 2, 3, 4 RF side, LF cross behind RF, RF side, LF touch beside RF
- 5, 6, 7, 8 LF side, RF cross behind LF, LF side, RF touch beside LF

S2 : COASTER STEP, KICK (X2), COASTER STEP, KICK (X2)

- 1 & 2 RF back, LF together, RF step forward
- 3, 4 LF kick, kick
- 5 & 6 LF back, RF together, LF step forward
- 7, 8 RF kick, kick

S3 : ROCKING CHAIR, SWAY, SWAY, STEP TURN

- 1, 2 RF rock forward, recover on LF
- 3, 4 RF back rock, recover on LF
- 5, 6 RF beside LF with swinging body to the right, LF in place with swinging body to the left
- 7, 8 RF step forward, 1/2 turn left pivot, recover weight on LF

S4 : SIDE ROCK, BEHIND SIDE CROSS, (X2)

- 1, 2 RF rock to the right, recover weight on LF
- 3 & 4 RF cross behind LF, LF step on left side, RF cross over LF
- 5, 6 LF rock to the left, recover weight on RF
- 7&8 LF cross behind RF, RF step on right side, LF cross over RF

Repeat, and please, have fun with this dance I wrote especially for my dear beginner dancers, in order to improve basic steps. (xxguillem@aol.com)





拍数: 32

墙数:2