

La Bella Mama (The Beautiful Mother)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate (Rumba Motion)
编舞者: Sebastiaan Holtland (NL) - August 2011
音乐: Angelo vero - Orchestra Mario Riccardi : (Album: Casa e Chiesa)



Start the dance on the vocals after 32 counts intro (16 Sec)

Sec 1: [1-8] Side Step, Draw, 1/4 Turn L, Fwd, Draw, Side Step, Draw, 1/4 Turn L, Fwd, Draw

- 1-2 Step Rf to the right, draw Lf next to Rf holding weight onto Rf (12:00)
- 3-4 Turn 1/4 left (9) step Lf forward, draw Rf next to Lf holding weight onto Lf
- 5-6 Step Rf to the right, draw Lf next to Rf holding weight onto Rf
- 7-8 Turn 1/4 left (6) step Lf forward, draw Rf next to Lf holding weight onto Lf (6:00)

Sec 2: [9-16] Scissor Step, Hold, 1/4 Turn R, Back Rock, Recover, 1/4 Turn R, Back Rock, Recover

- 1-4 Step Rf to the right, step Lf beside Rf, cross Rf over Lf weight onto Rf, Hold
- 5-6 Turn 1/4 right (9) rock Lf back, recover on Rf
- 7-8 Turn 1/4 right (12) rock Lf back, recover on Rf

Sec 3: [17-24] Rumba Walk Fwd L-R-L, 1/2 Turn L, Back, Back, Hold

- 1-2 Walk Lf forward, Hold (12:00)
- 3-4 Walk Rf forward, Hold
- 5-6 Walk Lf forward, turn 1/2 left (6) step Rf back weight onto Rf
- 7-8 Step Lf back, Hold (weight onto Lf) (6:00)

Sec 4: [25-32] Back Rock, Recover, 1/2 Turn L, Back, Hold, Back Rock, Recover, 1/4 Turn R, Side, Hold

- 1-2 Rock Rf back, recover on Lf (6:00)
- 3-4 Turn 1/2 left (12) step Rf back, Hold (weight onto Rf)
- 5-6 Rock Lf back, recover on Rf
- 7-8 Turn 1/4 right (3) step Lf to the left, Hold (weight onto Lf) ****Tag**** and ****Restart****

Tag Here WALL 3 / 7 after 32 count (Facing 9 o'clock)

Restart Here WALL 4 after 32 count (Facing 12 o'clock)

Sec 5: [33-40] Half Rumba Box, Hold, Walks Back L-R-L, Hold

- 1-2 Step Rf to the right, step Lf next to Rf (3:00)
- 3-4 Step Rf forward, Hold (weight onto Rf)
- 5-6 Walk Lf back, walk Rf back
- 7-8 Walk Lf back, Hold (weight onto Lf) (3:00)

Sec 6: [41-48] Half Rumba Box, Hold, L Chasse 1/4 Turn L, Hold

- 1-2 Step Rf to the right, step Lf next to Rf (3)
- 3-4 Step Rf forward, Hold (weight onto Rf)
- 5-7 Step Lf to the left, step Rf next to Lf, turn 1/4 left (12) step Lf forward weight onto Lf
- 8 Hold (weight onto Lf) (12:00)

Sec 7: [49-56] Cross, 1/4 Swivel R, Cross, Hitch, Cross, 1/4 Turn R, Back, Side, Hold

- 1-2 Cross Rf over Lf, swivel 1/4 right (3) keeping feet together holding weight onto Rf
- 3-4 Cross Lf over Rf, hitch R knee up holding weight onto Lf
- 5-6 Cross Rf over Lf, turn 1/4 right (6) step back on Lf weight onto Lf
- 7-8 Step Rf to the right, Hold (weight onto Rf) (6:00)

Sec 8: [57-64] Fwd, Sweep, Cross Rock, Recover, Side, Hold, 1/4 Turn L, Replace, Hold

- 1-2 Step Lf forward, sweep Rf from back to front holding weight onto Lf (6)
- 3-4 Cross rock Rf forward, recover on Lf

5-6 Step Rf to the right, Hold (weight onto Rf)
7-8 Turn 1/4 left (3) step Lf in place, HOLD take weight onto Lf

TAG: Hip Bumps R-L-R-L

1-2 Step Rf to the right bump hips to right, bump hips to left
3-4 Bump hips to right, bump hips to left weight onto Lf

Start Again and Have Fun!

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