

Bella Sirena

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Count: 80 **Wall:** 4 **Level:** Phrased Intermediate

Choreographer: Irene Groundwater (Feb 2015)

Music: Bella Sirena by Mario Riccardi Orchestra. (3:44 min version) Album: Il piacere di ballare, Vol 4

Intro: 32 counts - Pattern - Intro, A, A, B, B, C, C. A, B, B, C, C, B, Ending (5 counts)

SECTION A

PART A1 - [1-8] - R FWD ROCK, ½ R TURN SHUFFLE, FWD X3, DRAG & TAP R

(START FACING DIAG RIGHT TOWARDS R CORNER (FACING 1:30))

- 1-2 Step Right forward, Replace weight on L
- 3&4 Make ½ turn right over the next 3 steps R-L-R (turning shuffle)
- 5-6 Walk forward on L, Walk forward on R,

(Walk with attitude - crossing steps in front of other foot.)

(Option for advanced dancers - Make 1 full turn right over steps 5-6)

- 7&8 Step L forward, Drag R Foot up to L, Tap R Toe beside L instep

PART A2 - [9-16] - R FWD ROCK, ½ R TURN SHUFFLE, FWD X3, DRAG R, TAP R

(START FACING DIAG RIGHT TOWARDS R CORNER (FACING 7:30))

- 1-2 Step Right forward, Replace weight on L
- 3&4 Make ½ turn right over the next 3 steps R-L-R (turning shuffle)
- 5-6 Walk forward on Left, Walk forward on R

(Walk with attitude - crossing steps in front of other foot.)

(Option for advanced dancers - Make 1 full turn right over steps 5-6)

- 7&8 Step L forward, Drag R Foot up to L, Tap R Toe beside L instep

PART A3 - [17-24] - CROSS R, L BACK, SHIMMY, CROSS L. REPLACE R, SIDE L AND SHIMMY - 2 COUNTS

(TURNING TO FACE 3:00 O'CLOCK)

- 1-2 Making 1/8th turn right - Cross R over L, Replace weight on L

- 3-4 Side step R and shimmy shoulders for 2 counts
- 5-6 Cross L over R, Replace weight on R (Adv. Dancers - Unwind full turn right onto R)
- 7-8 Side step L and shimmy shoulders for 2 counts (weight ends on L)

PART A4 - [29-32] - CROSS R, BACK L, ¼ TURN RIGHT, ¼ TURN RIGHT w L. SIDE STEP, SWAY RIGHT, SWAY LEFT

- 1-2 Cross R over L, Step back on L
- 3 Side step R making ¼ turn right on step
- 4 Pivot ¼ turn right on R Ball as you side step L
- 5-6 Sway right with hands overhead for 2 counts
- 7-8 Sway left with hands overhead for 2 counts

END OF SECTION A

SECTION B

PART B1 - [1-8] - SIDE R, REPLACE L, HIPPIY STEP, L BACK, ¼ TURN R, SIDE R, SIDE L w SHIMMY, TOUCH R

- 1-2 Side step R, Replace weight on L
- 3&4 Rock forward on R, Rock back on L, Rock forward on R (hippy hip steps)
- 5-6 Step back on L, Pivot ¼ turn right on L Ball as you side step R
- 7-8 Long Side Step L - Shimmying for 2 counts - Touch R Toe beside L instep

PART B2 - [9-16] - SIDE R, RECOVER L, HIPPIY STEP, BACK L, 1/2 TURN RIGHT, L FWD, LOCK R, L FWD

- 1-2 Side step R, Recover weight on L
- 3&4 Rock forward on R, Rock back on L, Rock forward on R (hippy hip steps)
- 5-6 Step back on L, Pivot 1/2 turn right on L Ball as you step forward on R
- 7&8 Step forward on L, Lock R behind L, Step forward on L

(Option 7&8 - for those with weak ankles - L forward, Step R beside L, L forward)

PART B3 - [17-24] - SIDE R, ¼ TURN L w TOUCH L, COASTER STEP, HIPPIY STEP, L BACK, TOUCH R

- 1-2 Large Side step R, Pivot ¼ turn left on R Ball as you touch L Toe beside R instep

- 3&4 Step back on L, Step R beside L, Step L forward
- 5&6 Rock forward on R, Rock back on L, Rock forward on R (hippy hip steps)
- 7-8 Large step back on L, Touch R Toe across to left side of L Foot

PART B4 - [25-32] - (KICK R-BALL-CHAIN) X 2, R SIDE STEP, TOUCH L, ¼ TURN LEFT w. L SIDE STEP, TOUCH R

- 1&2 Kick R forward, Step on R Ball beside L instep, Change weight to L
- 3&4 Kick R forward, Step on R Ball beside L instep, Change weight to L
- 5-6 Large Side step R, Touch L Ball beside R instep
- 7 Pivot ¼ turn left on R Ball as you take a large Left Side step
- 8 Touch R Ball beside L instep

END OF SECTION B

SECTION C - 16 counts

PART C1 - [1-8] - R HEEL, R HOOF, SIDE SHUFFLE, L HEEL, L HOOF, SIDE SHUFFLE

- 1-2 Touch R Heel forward, Raise R Heel up to L Knee
- 3&4 Sidestep R, Step L beside R, Sidestep R

(Option - 3&4 - Adv. Dancers make Full turn shuffle to the right)

- 5-6 Touch L Heel forward, Raise L heel up to R Knee
- 7&8 Sidestep L, Step R beside L, Sidestep L

(Option - 7&8 - Adv. Dancers make full turn shuffle to the left)

PART C2 - [9-16] - R FWD, REPLACE L, ½ R TURNING SHUFFLE, WALK X2, SHIMMY

- 1-2 Step R forward, Replace weight on L Foot
- 3&4 Side step R making ¼ turn right on step, Step L tog. Side R making ¼ turn right on step
- 5-6 Walk forward on L, Walk forward on R

(Option - Adv dancers - On counts 5-6 - Pivot ½ turn right on R Ball as L steps back, Pivot ½ turn right on L Ball as R steps fwd)

- 7-8 Side step L and Shimmy for 2 counts

END OF SECTION C

ENDING (5 COUNTS)

**[1-5] - ROCK STEPS-R FWD, L BACK, R FWD, ROCK STEPS - L FWD, R BACK, L FWD -
RAISE HANDS O'H AND WAVE TO THE AUDIENCE.**

- 1-2** Step R forward, Pivot $\frac{1}{2}$ turn left onto L
- 3&4** Rock forward on R, Rock back on L, Rock forward on R (hippy hip steps)
- 5** Raise Hands overhead and wave to the audience.

Revised Date. March 6, 2015