

# Bellisimo

# CD 2330-1

**Choreographed by:-** William Sevone. June 21<sup>st</sup> 2007

**Choreographed to:-** "Ring my bells" (115 bpm)... Enrique Iglesias ("Insomniac")

**Four Wall Line Dance:-** 48 count - Intermediate

**Choreographers note:-** Recommended for the (New Level) Intermediate dancer and above.

*The music is soft and so is the dance. The tag(s) could not be helped – neither could the 'play on words' title.*

*A general note: A Push Step is similar to a Rock Step – except that the dancer is leaning 'backward'.*

Always remember - **'The beat may reach your feet - but the rhythm should electrify your soul'.**

Dance starts 40secs in - after 'Ring my bells' – with the short break in the music. Feet slightly apart, weight on right.

## **2x Behind-3 Sways (12:00)**

- 1 – 2 Step left behind right. Rock/sway right to right side.
- 3 – 4 Sway onto left. Sway onto right.
- 5 – 6 Step left behind right. Rock/sway right to right side
- 7 – 8 Sway onto left. Sway onto right

## **1/2 Left Side. Push Step. Recover. Extended Grapevine. (6:00)**

- 9 – 10 Turn ½ left & step left to left side. Cross push step right over left.
- 11 – 12 Recover onto left. Step right to right side.
- 13 – 14 Cross left over right. Step right to right side.
- 15 – 16 Step left behind right. Step right to right side.

## **Hip Rolls (see styling). Behind. 1/2 Left. Hip Rolls (see styling) (12:00)**

- 17 – 18 (bending at knees) Roll hips to left. Roll hips to right.
- 19 – 20 (straightening up) Roll hips to left. Roll hips to right.
- 21 – 22 Step left behind right. Unwind ½ left.
- 23 – 24 (bending knees slightly) Roll hips to right. Roll hips to left.

## **Cross Shuffle. Rock. Recover. Cross Shuffle. Side. 1/2 High Sweep (6:00)**

- 25& 26 (leaning right) Cross shuffle left stepping: R.L-R.
- 27 – 28 (leaning left) Rock left to left. Recover onto right.
- 29& 30 (still leaning left) Cross shuffle right stepping: L.R-L.
- 31 – 32 Step right to right side. High sweep left foot ½ left.

## **1/4 High Sweep Fwd. Cross-Step Bwd (see styling). 3/4 High Sweep Fwd.**

### **Cross-Step Bwd (see styling) (9:00)**

- 33 Continue sweep for a further ¼ left & step forward onto left (3).
- 34 (bending knees) Cross right over left – sweeping right hand to left.
- 35 – 36 (straightening up) Step backward onto left. High sweep right foot ½ right (9).
- 37 Continue sweep for a further ¼ right & step forward onto right (12).
- 38 (bending knees) Cross left over right – sweeping left hand to right.
- 39 – 40 (straightening up) Step backward onto right. Turn ¼ left.

**2x Rock-Rock-Together. Cross. Side (9:00)**

- 41 – 42                      Rock/sway left to left side. Recover onto right.  
43                              Step left next to right.  
44 – 45                      Rock/sway right to side. Recover onto left.  
46                              Step right next to left.  
47 – 48                      Cross left over right. Step right to right side.

**TAG:**                      **At end of wall 4 (facing 12) and (the final) wall 7 (facing 3):**  
**With knees bent and turning with rolls – also use the arms and hands swaying side to side**

- 1 – 4                          Roll body to left. Roll body to right (2 counts each direction)  
5 – 8                          Roll body to left. Roll body to right (2 counts each direction)  
9 – 12                        Roll body to left. Roll body to right (2 counts each direction)  
13 – 16                       Roll body to left. Roll body to right (2 counts each direction)

**Any combination of body rolls (as long as they are slow) will look good - only go as low as comfortable.**

Remembering that by count 16 the dancer should be 'upright with weight on right foot'.

***Bellisimo***