**BELLA**

Choreo: Barry & Bobbie Bartlette, 9781 Lolo Creek Rd, Lolo, MT, USA, 59847

Music: Bella Artist: The Starlite Orchestra Album: Hits of 1947 (Track 10 - 2:23) iTunes, Amazon

Footwork: Opposite unless noted (Woman’s footwork in Parentheses) Time: 2:30 @ 43 rpm

Rhythm: Rumba RAL Phase IV+2+2 (Full Nat Top, Op Hip Twist)(Inside Underarm Turn, Trade Places) DIFF

Sequence: INTRO A B A mod B(1-6) END

**INTRODUCTION**

CP FCG WALL LEAD FOOT SD & SLIGHTLY BK WAIT 2 MEAS

1-6    [WAIT]:: LATIN WHISK; AIDA; SWITCH X; CRAB WK ENDG;

1-2 CP feg WALL lead foot sd & slightly bk wait 2 meas;; 3 {Latin Whisk} XL bhd R w/flat foot, rec R, sd L,-; 4 {Aida} Thru R trng RF, sd L cont RF trn, bk R to BK-BK V,-; 5 {Switch X} Trng LF to fc ptr sd L ckg & bringing joined hnds thru, rec R BFLY, XLif R,-; 6 {Crab Wk Endg} Sd R, XLif R, sd R,-;

PART A

1-4      SHLDR TO SHLDR; AIDA; BK BASIC; INSD UNDERARM TRN;

1 {Shldr-Shldr} Fwd L to BFLY SCAR, rec R to BFLY, sd L,-; 2 {Aida} Repeat meas 4 Intro;

3 {Bk Basic} Bk L, rec R, fwd L fc RLOD (W bk R, rec L, fwd R),-; 4 {Insd U/A Trn} Maintaining & raising lead hnd holds rk sd R, rec L, fwd R (W fwd L, fwd R trng LF 1/2 fc LOD & ptr, sd & bk L),-;

5-8      1/2 BASIC TO FULL NAT TOP;;; FC WALL

5 {1/2 Basic} Fwd L, rec R, fwd L trng RF to CP COH,-; 6-8 {Full Nat Top} Doing a 1-1/2 RF trn in 3 meas to fc WALL XRib L trng RF, sd L cont trn, XRib L cont trn,-; Sd L cont trn, XRib L cont trn, sd L cont trn,-; XRib L cont trn, sd L cont trn, cl R,-; (W sd L trng RF, XRif L trn, sd L trn,-; XRif L trn, sd L trn, XRif L trn, sd L,-)

9-12     CROSS BODY TO HNDSHK;; OP HIP TWIST TO FCG FAN;;

9-10 {Cross Body} Fwd L, rec R, sd L trng LF,-; bk R cont LF trn, sm fwd L, sd & fwd R fc COH chg to R HNDSHK,-; (W bk R, rec L, fwd L stayg on R sd of M in L-shape pos,-; fwd L comm LF trn, fwr R cont LF trn fc WALL, sd & bk L,-) 11-12 {Op Hip Twist to Fcg Fan} Ck fwd L, rec R, cl L (W bk R, rec L, fwr R w/tension in R arm placing weight on R foot then swvl 1/4 RF),-; Keepg R HNDSHK Bk R, rec L trn 1/4 LF fc RLOD, sd R (W fwd L comm LF trn, sd & bk R cont trn to fc ptr, bk L),-;

13-16    TRADE PLACES; M TO SHDW/W BK BASIC; BK WHL 3; W TO A FAN;

13 {Trade Places} Rk apt L, fwd R trng 1/4 RF fc COH bhd W then releasing joined hnds, cont RF trn sd & bk L fc LOD join L hnds (W Rk apt R, rec L trn 1/4 LF fc COH, cont LF trn sd & bk R fc ptr),-;

14 {M to Shdw} Rk apt R, rec L trng 1/4 LF maintain L hnd hold, sd & bk R cont LF trn to SHDW RLOD (W bk L, rec R, fwr L),-; 15 {Bk Whl 3} In SHDW whl LF bk L, bk R, bk L fc LOD (W fwr R, fwr L, fwr R),-; 16 {W to a Fan} Rk bk R, rec L fc WALL, cl R (W fwd L comm LF trn, sd & bk R cont trn to fc RLOD, bk L),-;

17-22    HKY STICK;; ALEMANA TO CP;; LATIN WHISK; BHD SD THRU;

17-18 {Hky Stk} Fwd L, rec R, cl L,-; bk R, rec L, fwr R follow W,-; (W cl R, fwr L, fwr R,-; fwr R trng LF undr joined lead hnds to fc ptr, sd & bk L,-;) 19-20 {Alemana} Fwd L, rec R, cl L leadg W to RF trn,-; bk R, rec L, sd R to CP WALL,-; (W bk R, rec L, sd R comm RF swvl,-; cont RF trn undr joined hnds fwr L, cont RF trn fwr R fc ptr, sd L,-)

21 {Latin Whisk} Repeat meas 3 Intro to BFLY; 22 {Bhd Sd Thru} Bhd R, sd L, XRif L,-;
**PART B**

1-4  **DOOR; SD WLK 3; AIDA; SWITCH RK:**

1  **{Door}** Rk sd L, rec R, XLif R,;-; 2  **{Sd Wlk 3}** Sd R, cl L, sd R,;-; 3  **{Aida}** Thru L trng LF, sd R cont LF trn, bk L to BK-BK V,;-; 4  **{Switch Rk}** Trng RF to fc ptr sd R ckg & bringing joined hnds thru, rec L BFLY, sd R,;-;

5-8  **1/2 BASIC TO A FAN;; ALEMANA;;**

5-6  **{1/2 Basic to a Fan}** Fwd L, rec R, sd L,;-; Bk R, rec L, sd R (W fwd L, trng LF sd & bk R trng 1/4 LF to fc RLOD, bk L leavg R extended),;-; 7-8  **{Alemana}** Fwd L, rec R, cl L lead W RF trn,;-; Bk R, rec L, sd R,;-; (W cl R, fwd L, fwd R comm RF swvl fc ptr,;-; cont RF trn undr joing lead hnds fwd L, cont RF trn fwd R, sd L fc ptr,;-)

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**PART A MOD**

1-16  **SHLDR TO SHLDR; AIDA; BK BASIC; INSD UNDERARM TRN;**

1/2 BASIC TO FULL NAT TOP;;;; FC WALL

CROSS BODY TO HNDSHK;; OP HIP TWIST TO FCG FAN;;

TRADE PLACES; M TO SHDW/W BK BASIC; BK WHL 3; W TO A FAN;;

1-16 Repeat meas 1-16 Part A

17-20  **ALEMANA TO CP;; LATIN WHISK; BHD SD THRU;**

17-18  **{Alemana to CP}** Repeat meas 7-8 Part B to CP;; 19-20 Repeat meas 21-22 Part A;;

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**END**

1-4  **ALEMANA TO CP;; LATIN WHISK; AIDA EXTEND ARMS;**

1-2  **{Alemana to CP}** Repeat meas 7-8 Part B to CP;; 3  **{Latin Whisk}** Repeat meas 3 Intro; 4  **{Aida Ext Arms}** Repeat meas 4 Intro extendig free arms up & out;
BELLA

INTRO  CP FCG WALL LEAD FOOT SD & SLIGHTLY BK WAIT 2 MEAS 
{WAIT};; LATIN WHISK; AIDA; SWITCH X; CRAB WK ENDG;

A  SHLDR TO SHLDR; AIDA; BK BASIC; INSD UNDERARM TRN;
1/2 BASIC TO FULL NAT TOP;; FC WALL
CROSS BODY TO HNDSHK;; OP HIP TWIST TO FCG FAN;;
TRADE PLACES; M TO SHDW/W BK BASIC; BK WHL 3; W TO A FAN;
HKY STICK;; ALEMANA TO CP;; LATIN WHISK; BHD SD THRU;

B  DOOR; SD WLK 3; AIDA; SWITCH RK;
1/2 BASIC TO A FAN;; ALEMANA;;

A mod  SHLDR TO SHLDR; AIDA; BK BASIC; INSD UNDERARM TRN;
1/2 BASIC TO FULL NAT TOP;; FC WALL
CROSS BODY TO HNDSHK;; OP HIP TWIST TO FCG FAN;;
TRADE PLACES; M TO SHDW/W BK BASIC; BK WHL 3; W TO A FAN;
ALEMANA TO CP;; LATIN WHISK; BHD SD THRU;

PART B  DOOR; SD WLK 3; AIDA; SWITCH RK; 1/2 BASIC TO A FAN;;
{1-6}

END  ALEMANA TO CP;; LATIN WHISK; AIDA EXTEND ARMS;