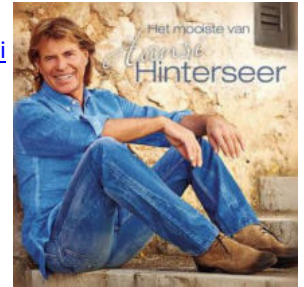


# LA DOLCE VITA UND AMORE

**Music:** Hansi Hinterseer  
[Spotify – La dolce Vita und Amore - song and lyrics by Hansi Hinterseer](#)  
[https://www.sounds.nl/detail/3398809/cd/hansi\\_hinterseer/het\\_mooiste\\_van\\_hansi](https://www.sounds.nl/detail/3398809/cd/hansi_hinterseer/het_mooiste_van_hansi)  
Het Mooiste van Hansi Cd.1 Track #14 Time 3:19  
Shortened & Slowed Down -5% to Time 3:03 Available from choreographer

**Rhythm:** Two Step Phase: II+2 (Fishtail+Strolling Vine)  
**Footwork:** Opposite except where (Noted)  
Release Date: May 23  
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium  
**Email:** [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)  
**Sequence:** INTRO ABCD ABC C(13-16) END



## INTRO

### 01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; 2 SIDE CLOSSES ; SIDE & THRU to SCP :

{Wait} Bfly Pos WALL ld ft free wt 2 meas ; ; {2 Sd Closes} [QQQQ] Sd L, cl R, sd L, cl R ; {Sd & Thru to SCP LOD} [S,S] Sd L, -, thru R to SCP LOD, -;

## PART A

### 01-04 2 FORWARD TWO'S CHECKG ; ; CUT BACK TWICE ; DIP BACK & RECOVER MANVRG ;

{2 Fwd Two's Checkg} [Blend to SCP LOD] Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R to SCP LOD Checkg ; {Cut Bk x 2} [QQQQ] XLif (W XRif), bk R, XLif (W XRif), bk R ; {Dip Bk & Rec Manvrg} [S,S] Rk bk L lowerg into soft knee, -, rec R Manvrg, -;

### 05-08 2 TURNING TWO'S ; ; TWIRL/VINE 2 ; SIDE & THRU to BFLY WALL ;

{2 Trng Two's} Sd L stg RF trn, cl R, bk L compg ½ RF trn, -; Sd R contg RF trn, cl L, fwd R contg RF trn to BFLY WALL, -; {Twirl/Vine 2} [S,S] Raisg jnd ld hnds sd L, -, XRib (W twrl RF under jnd ld hnds R, -, L) to BFLY WALL, -; {Sd & Thru to Bfly WALL} [S,S] Sd L, -, fwd R ifo W swiv ¼ RF to BFLY WALL, -;

### 09-12 VINE 2 & FACE to FACE ; ; VINE 2 & BACK to BACK ; ;

{Vine 2 Fc to Fc} [SS] Sd L, -, XRib (W XLib), -; Sd L, cl R, trng 3/8 LF, sd & fwd L to almost BK-TO-BK, -; {Vine 2 Bk to Bk} [SS] Sd R, -, XLib (XRib), -; Sd R, cl L, trng 3/8 RF sd & fwd R to BFLY WALL, -;

### 13-16 HITCH APART ; SCISSOR THRU to BFLY ; CIRCLE BOX ; ;

{Hitch Apart} Bk L, cl R, fwd L (W bk R, cl L, fwd R), -; {Scissors Thru to Bfly} Sd R, cl L, XRif (W sd L, cl R, XLif) to BFLY WALL, -; {Circle Box} Raisg ld hnds Sd L, cl R, fwd L (W CW trn under jnd ld hnds fwd R, L, R to fcg Wall), -; Sd R, cl L, bk R (W RF cont CW trn under jnd ld hnds fwd L, R, L) to BFLY WALL, -;

### 17-20 TRAVELING DOOR BOTH WAYS ; ; ; ;

{Traveling Door Both Way's} [SS] Rk sd L, -, rec R, -; XLif (W XRif), sd R, XLif (W XRif), -; [SS] Rk sd R, -, rec L, -; XRif (W XLif), sd L, XRif (W XLif) to Loose CP WALL, -;

### 21-24 STROLLING VINE ; ; ; ;

{Strolling Vine} [SS] Sd L, -, XRib (W XLif), -; Sd L, cl R, sd L trng ½ LF to COH, -; [SS] Sd R, -, XLib (W XRif), -; Sd R, -, cl L, sd R trng ½ RF to BFLY WALL, -;

## PART B

### 01-04 FACE to FACE & BACK to BACK ; ; BASKETBALL TURN ; ;

{Fc to Fc & Bk to Bk} Sd L, cl R, sd & fwd L trng RF 3/8 to V-BK-TO-BK, -; Sd R, cl L, sd R trng RF 3/8 to BFLY, -; {Basketball Trn} [SS;SS] Relg hnds fwd L w/ lun action trng ¼ RF, -, rec R trng ¼ RF to R-SD-BY-SD RLOD, -; Fwd L w/ lun action trng ¼ RF, -, rec R trng ½ RF to CP WALL, -;

### 05-08 TRAVELING BOX w/ W ONE TWIRL ; ; ; & PICKUP ;

{Traveling Box w/ W 1 Twirl & Pickup} Sd L, cl R, fwd L, -; [SS] Raisg ld hnds Sd R, -, thru L to loose RSCP RLOD (W twrl LF undr jnd ld hnds L, -, R), -; Trng to fc sd R, cl L, bk R, -; [SS] [Blend to SCP] Fwd L, -, thru R trng LF to Pickup (W fwd R, thru L swiv LF ifo M to Pickup) to CP LOD, -;

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**09-12 PROGRESSIVE SCISSORS SCAR & BJO CHECKG ; ; FISHTAIL ; WALK & FACE ;**

{**Progressive Scissors SCAR & BJO Ckg**} Sd L, cl R, XRif to SCAR DLW, - ; Sd R, cl L, XLif to BJO DLC, Chkg ; {**Fishtail**} [QQQQ] XLib, sd R, sd & fwd L, lk Rib ; {**Walk & Fc**} [SS] Fwd L, -, fwd R swiv ¼ RF to BFLY WALL, -;

**13-16 SLOW OP VINE 4 ; ; TWIRL/VINE 2 ; SIDE & THRU to WALL ;**

{**Slow OP Vine 4**} [S,S;S,S] [Relsg trl hnds] Sd L, -, XRib (*WXLlib*) trng to LOP RLOD, -; Trng to fc Sd & fwd L, -, XRif (*WXLif*) to BFLY WALL, -; {**Twirl/Vine 2**} Repeat meas 7 Part A ; {**Sd & Thru to Bfly WALL**} [S,S] Sd L, -, thru R trng to fc & BFLY WALL, -;

**PART C**

**01-04 FACE to FACE & BACK to BACK ; ; BASKETBALL ; ;**

{**Fc to Fc & Bk to Bk**} Repeat meas 1,2 Part B ; ; {**Basketball Trn**} Repeat meas 3,4 Part B ; ;

**05-08 BROKEN BOX ; ; ; ;**

{**Broken Box**} Sd L, cl R, fwd L, -; [SS] Rk fwd R, -, rec L, -; Sd R, cl L, bk R, -; [SS] Rk bk L, -, rec R to BFLY WALL, -;

**09-12 SCISSOR SCAR & BJO ; ; WHEEL 6 ; ;**

{**Scissors SCAR & BJO**} Sd L, cl R, XRif to SCAR, -; Sd R, cl L, XLif to BJO, -; {**Wheel 6**} CW fwd L, R, L, -; R, L, R to CP WALL, -;

**13-16 QUICK VINE 4 ; PIVOT 2 ; TWO TURNING TWO'S ; ;**

{**Qk Vine 4**} [QQQQ] Sd L, XRib (*WXLlib*), sd L, XRif (*WXLif*) trng RF starting to fold in front of W (*WXLif*) ; {**Pivot 2 to WALL**} [SS] Fwd & sd L comm a RF pivot, -, fwd & sd R compl RF trn to CP WALL, -; {**2 Trng Two's**} Repeat meas 5,6 Part A to CP WALL, -;

**PART D**

**01-04 LEFT TURNING BOX ; ; ; ;**

{**Left Trng Box**} Sd L, cl R, fwd L trng ¼ LF to fc LOD, -; Sd R, cl L, bk R trng ¼ LF to fc COH, - ; Repeat meas 1,2 Part A to RLOD & WALL ; ;

**05-06 2 SIDE CLOSES ; SIDE & THRU to SCP LOD ;**

{**2 Sd Closes**} Repeat meas 3 Intro ; {**Sd & Thru to SCP LOD**} Repeat meas 4 Intro ;

**ENDING**

**01-02 2 SIDE CLOSES ; STEP APART & EXTEND LEAD ARMS ;**

{**2 Sd Closes**} Repeat meas 3 Intro ; {**Step Apart & Extend Id Arms**} [Q] Apt L & extend Id arms up & out ;