

# BELLA

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Choreo: Barry & Bobbie Bartlette, 9781 Lolo Creek Rd, Lolo, MT, USA, 59847 Sept 2011  
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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 fcg 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} Maintaing & 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 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 R stayg on R sd of M in L-shape pos,-; fwd L comm LF trn, fwd 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, fwd R w/tension in R arm placing weight on R foot then swvlg 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, fwd L),-; **15** {Bk Whl 3} In SHDW whl LF bk L, bk R, bk L fc LOD (W fwd R, fwd L, fwd 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, fwd R follow W,-; (W cl R, fwd L, fwd R,-; fwd L, fwd 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 fwd L, cont RF trn fwd R fc ptr, sd L,-;) **21** {Latin Whisk} Repeat meas 3 Intro to BFLY; **22** {Bhd Sd Thru} Bhd R, sd L, XRif L,-;

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## 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,-)

## 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 HND SHK;; 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;;

## 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 extendg 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;