

# CAPRI FISCHER (Bella Bella Marie)

**Music:** Ernst Kügler  
Lp: Hello Let's Dance  
<http://www.beatedelic.com/shop/index.php>  
A3 Time 3:44 Slow Down w/ -3% Available from choreographer

**Rhythm:** Foxtrot **Phase: IV +2 (Nat Weave + Check & Wave) + 1U (Lace Box)**

**Footwork:** Opposite except where (Noted)

**Release Date:** April 21

**Choreo:** Jos Dierickx Beverlosestwg 14b2 3853 Paal Belgium

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**Sequence:** INTRO ABCD ABC C(5-8) END



## INTRO

### 01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TWIRL/VINE 3 ; CHAIR & SLIP ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Twirl/Vine 3} Sd L, -, XRib, sd L (W full RF trn undr jnd ld hnds fwd R, -, sd & bk L, fwd R) to SCP LOD ; {Chair & Slip} Ck thru R, -, rec L, trng LF bk R (W ck thru L, -, rec R, swvlg LF on R fwd L) to CP DLC ;

## PART A

### 01-04 OP REVERSE TURN ; HOVER CORTE ; BACK HOVER to SCP ; THRU SIDE BEHIND ;

{OP Reverse Trn} Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (W bk R stg LF trn, -, sd L cont trn, fwd R outsd ptr) to BJO RLOD ; {Hover Corte} Bk R stg ½ LF trn, -, cont trn sd & fwd L risg & compg trn, rec R to BJO LOD ; {Bk Hover to SCP} Bk L, -, bk R risg sltly, rec L (W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R) to SCP DLC ; {Thru Sd Behind} Thru R, -, sd L to fc ptr, XRib (W XLib) ;

### 05-08 ROLL 3 to SCP ; IN & OUT RUNS ; ; WEAVE 3 to BJO ;

{Roll 3 to SCP} Start LF trn (W RF) sd & fwd L, -, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ; {In & Out Runs} Trng RF fwd R, -, sd & bk L, bk R (W fwd L, -, fwd R btwn M's ft, fwd L) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R btwn W's ft, sd & fwd L (W trng RF fwd R, -, cont trn sd L ifo M, cont trn fwd & sd R) to SCP DLC ; {Weave 3 to BJO} Thru R comm LF trn, -, fwd L cont LF trn, sd & bk R (W fwd L pickg up, -, sd R trng LF, contg trn fwd L) to BJO RLOD ;

### 09-12 TWO RIGHT TURNS to DLW ; ; WHISK ; CROSS PIVOT to SCAR ;

{2 Right Trns} Bk L strt RF trn, -, cont RF trn sd R, cl L ; Cont RF trn fwd R, -, sd L, cl R to CP DLW ; {Whisk} Fwd L, -, sd & fwd R, XLib (W XRib) to SCP DLC ; {Cross Pivot to SCAR} Fwd R comm strong RF trn ifo W, -, sd L arnd ptr cont RF trn, sd & fwd R (W sm fwd L comm strong RF trn, -, fwd R btwn M's ft contg RF trn, sd & bk L) to SCAR DLW ;

### 13-16 FORWARD TWISTY VINE 4 TWICE ; ; CROSS HOVER to SCP ; THRU FACE CLOSE ;

{Fwd Twisty Vine 4} [QQQQ] Fwd L (W Bk R) comm trng LF, sd a bk R cont LF trn to BJO DRC checkg, bk L comm RF trn, sd & fwd R cont RF trn to CP DLC ; Repeat mea 13 Part A ; {Cross Hover to SCP} XLif, -, sd R hvrg, rec L (W XRib, -, sd & bk L w/ strong RF trn, fwd R) to SCP LOD ; {Thru Fc Cl} Thru R, -, sd L trng to fc ptr, cl R to CP WALL ;

## PART B

### 01-04 LACE BOX ; ; ; ;

{Lace Box} Fwd L trng LF ¼ to fc LOD, -, sd R, cl L ; Raisg jnd ld hnds bk R trng LF ¼ to fc COH, -, sd L, cl R (W sm fwd L,R,L twds RLOD under ld arms [not passing thru & no turn]) ; Fwd L trng LF ¼ to fc RLOD, -, bringing arms down sd R, cl L (W passing thru under raised arms fwd R startg ½ RF circ, contg circ as arms come down fwd L, fwd R) to CP RLOD ; Bk R trng LF ¼ to Fc WALL, -, sd L, cl R to CP WALL ;

### 05-08 HOVER ; FORWARD HOVER to BJO ; BACK WHISK ; THRU VINE 4 ;

{Hover} Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP DLC ; {Fwd Hover to BJO} Fwd R, -, fwd L w/ slight rise & LF trng, rec R (W fwd L, -, fwd & sd R w/ slight rise & ½ LF trng to RLOD, fwd L) ; {Bk Whisk} Bk L, -, bk & sd R, XLib (W fwd R trng ½ RF, bk & sd L, XRib) to SCP LOD ; {Thru Vine 4} [QQQQ] XRif (W XLif), sd L fcg ptr, XRib (W XLib), sd L to SCP LOD ;

### 09-12 PROMENADE WEAVE ; ; DRAG HESITATION ; BACK TWISTY VINE 4 ;

{Promenade Weave} [SQQ:QQQQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L) to BJO RLOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (W fwd R outsd ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L) to BJO DLW ; {Drag Hesitation} [S,S,-] Fwd L, -, stg LF trn sd R, contg LF trn draw L to BJO DRC ; {Bk Twisty Vine 4} (QQQQ) Bk L in BJO, sd R trng RF to fc ptr, fwd L trng RF to SCAR, sd & bk R trng LF to BJO DRC ;

**13-16 IMPETUS to SCP ; OP NATURAL ; CLOSED IMPETUS ; FEATHER FINISH :**

**{Impetus to SCP}** Bk L comm RF trn, -, cl R heel trn, fwd L (*W fwd R btw M's ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R*) to SCP LOD ; **{OP Natural}** Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/ rt sd lead (*W thru L, -, fwd R, fwd L*) to BJO DRC ; **{Closed Impetus}** Commg RF upper bdy trn bk L, -, heel trn on L & cl R, sd & bk L (*W commg RF upper bdy trn fwd R btw M's ft, -, sd & fwd L contg RF trn arnd M, brush R to L & fwd R btw M's ft*) to CP DLW ; **{Feather Finish}** Bk R, -, bk & sd L trng ¼ LF, fwd R to BJO DLC ;

**PART C**

**01-04 DIAMOND TURN/[OPTION] W INSIDE TURNS ; ; ; ;**

**{Diamond Trn / [OPTION] W Inside Trns}** Fwd L trng LF, -, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R, -, compg ¼ LF trn sd L, fwd R (*[Option] W fwd L comm LF trn under ld hnds fc RDC, -, small sd R cont LF trn, small sd L compg LF trn*) to BJO DRW ; Repeat meas 1,2 Part C to BJO DLW & DLC ; ;

**05-08 TELEMARK to SCP ; THRU VINE 4 ; OP NATURAL ; HESITATION CHANGE :**

**{Telemark to SCP}** Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R*) to SCP DLW ; **{Thru Vine 4}** Repeat meas 8 Part B ; **{OP Natural}** Repeat meas 14 Part B ; **{Hesitation Chng}** [S,S,-] Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ;

**PART D**

**01-04 REVERSE WAVE 3 to CHECK & WEAVE ; ; ; THREE STEP :**

**{Reverse Wave 3 to Check & Weave}** Fwd L comm LF trn, -, sd R trng LF (*W heel trn*), bk L twd DLW to CP DRC ; [SQO; QOOQ] Check bk R, -, rec L, sd R trng 1/8 LF ; Bk L w/ rt shldr ld to BJO trng 1/8 LF, bk R to CP contg to trn LF, sd & fwd L contg trn, fwd R to BJO DLW ; **{Three Step}** Fwd L, -, sd & fwd R btwn W's ft, fwd L ;

**05-08 MANEUVER ; SPIN TURN ; BACK & CHASSE to BJO ; UNDERTURNED MANEUVER :**

**{Manuver}** Fwd R trng RF, -, sd L, cl R (*W bk L trng RF, -, sd R, cl L*) to CP RLOD ; **{Spin Turn}** Begin RF upper body trn bk L toeing in pivot ½ RF, -, cont trn fwd R betw W's ft, rec sd & bk L (*W begin RF upper body trn fwd R heel to toe betw M's ft pivot ½ RF, -, cont trn bk on L toe, fwd R*) to CP DLW ; **{Bk & Chasse to BJO}** [SQ&Q] Bk R, -, trng LF chasse sd L/cl R, sd & fwd L trng to BJO DLW ; **{Underturned Manuver}** Repeat meas 5 Part D to DRW ;

**09-12 BACK CROSS HOVER to SCAR – BJO & SCAR ; ; ; FEATHER FINISH to DLW :**

**{Bk Cross Hover to SCAR}** XLib (*WXRif*), sd & bk R rise, bk L to SCAR DRC ; **{Bk Cross Hoverto BJO}** XRib (*WXLif*), sd & bk L rise, bk R to BJO DRW ; **{Bk Cross Hover to SCAR}** Repeat meas 9 Part D ; **{Feather Finish to DLW}** Bk R, -, bk & sd L trng ½ LF, fwd R to BJO DLW ;

**13-16 HOVER TELE ; NATURAL WEAVE ; ; CHANGE of DIRECTION :**

**{Hover Tele}** Fwd L, -, fwd & sd R w/ lft shldr lead, sd & fwd L to SCP DLW ; **{Natural Weave}** [SQO;QOOQ] Fwd R trng RF, -, sd L, bk R (*W fwd L, fwd R btwn M's ft, fwd L*) to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn sd L, fwd R to BJO DLW ; **{Chng of Direction}** [S,S,-] Fwd L, -, fwd & sd R trng ¼ LF, draw L to CP DLC ;

**ENDING**

**01-03 TURN LEFT & R CHASSE to BJO ; OUTSIDE CHANGE to SCP ; THRU to PROMENADE SWAY :**

**{Trn Left & R Chasse to BJO}** [SQ&Q] Fwd L trng LF, -, twd LOD & risg progly sd R/cl L, bk R BJO DRC ; **{Outsd Chng to SCP}** Trng LF bk L, -, bk & sd R cont LF trn, sd & fwd L (*W fwd R, -, L, R*) to SCP DLW ; **{Thru to Promenade Sway}** Thru R, -, sd & fwd L & stretch bdy upward to look ovr ld hnds, relax L knee leav R leg extended (*W sd & fwd R & stretch bdy upward to look ovr ld hnds relax R knee leave L leg extended & lookg well to L*), -;