

# LE BELLE DONNE

Music: Mario Riccardi

[www.amazon.de/-/en/dp/B003JYPURC](http://www.amazon.de/-/en/dp/B003JYPURC)

Time 3:45 Shortened from 43.9 to 1.13,2 &  
2.55,8 to 3.03,15 to Time 3:09

Available from chorographer

Rhythm: Jive & Foxtrot Phase: IV+2 (DBL Rev Spin+Wip Trn)

Footwork: Opposite except where (Noted)

Release Date: Nov 21

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

Email: [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)

Sequence: INTRO AB A(9-16) INTER AB A(9-16) INTER A(9-16\*) A(13-16) END



## INTRO JIVE

### 01-04 CP WALL LEAD FOOT FREE WAIT FOR INTRO MUSIC & 2 MEASURES ; ; LINK to WHIP TURN ; ;

{Wait} CP Wall ld ft free wt for Intro Music & 2 meas ; ; {Link to Whip Trn} Apt L, rec R, chasse fwd L/R, L trng RF to CP DRW ; cont RF trn XRib (*W sd L*), sd L (*W fwd R btw M's ft*), chasse sd & bk R/L, R to CP WALL ;

### 05-08 SPANISH ARMS TWICE ; ; ; ROCK RECOVER WALK & PICK UP ;

{Spanish Arms x 2} Apt L, rec R jng both hnds ; chasse L/R, L trng ¼ RF but ldg W to trn LF undr raisd ld hnds to a mom WRP, chasse R/L, R contg ¼ RF trn & ldg W to unwrp RF to BFLY COH ; apt L, rec R, chasse L/R, L trng ¼ RF but ldg W to trn LF undr raisd ld hnds to a mom WRP ; chasse R/L, R contg ¼ RF trn & ldg W to unwrp RF to BFLY Wall, {Rk Rec, Walk & Pick Up}[QQQQ] Rk bk L to SCP to LOD, rec R, fwd L, sm fwd R (*W fwd L swiv ifo M*) to CP LOD ;

## PART A FOXTROT

### 01-04 TELEMARK to SCP ; IN & OUT RUNS ; THRU VINE 4 ;

{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 ; {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 in frt of M, cont trn fwd & sd R*) to SCP DLC ; {Thru Vine 4} [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ;

### 05-08 PROMENADE WEAVE ; ; DBL REVERSE SPIN to DLW ; CHANGE of DIRECTION ;

{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 ; {Dbl Reverse Spin} [SS/SQ&Q] Fwd L com to trn LF, -, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees (*W bk R stg to trn LF, -, cl L [heel trn]/sd & slightly bk R cont LF trn, XLif*) to CP DLW ; {Chng of Direction} [SS] Fwd L, -, fwd & sd R trng ¼ LF, draw L to CP DLC ;

### 09-12 OP REVERSE TURN ; HOVER CORTE ; BACK TWISTY VINE 4 ; BACK WHISK ;

{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 Twisty Vine 4} [QQQQ] Bk L in BJO, sd R trng to SCAR, fwd L in SCAR, sd & bk R trng to BJO ; {Bk Whisk} Bk L, -, bk & sd R, XLib (*W fwd R trng ½ RF, bk & sd L, XRib*) to SCP LOD ;

### 13-16 FRONT VINE 8 ; ; MANEUVER ; PIVOT 2 to CP WALL [5<sup>th</sup> TIME: PIVOT 3 to SCP] ;

{Front Vine 8} [QQQQ;QQQQ] Fwd R swiv to fc ptr, sd L/XRib (*W XLif*), sd L to SCP LOD ; Repeat meas 13 Part A ; {Maneuver} Trng RF fwd R ifo W, -, sd L cont trn, cl R (*W fwd L, -, R, L*) to CP RLOD ; {Pivot 2 to CP WALL} Bk L pivot ½ RF, -, fwd R heel lead btwn W's ft cont RF trn rise & stretch R sd, to CP WALL [5<sup>th</sup> Time: Pivot 3 to SCP] ;

## PART B JIVE

### 01-04 CHASSE L & R ; CHANGE R to L ; ; CHANGE L to R ;

{Chasse L & R} Sd L/cl R, sd L, sd R/cl L, sd R ; {Chng R to L} Rk bk L, rec R, sd L/cl R, sd L trn ¼ LF ; Sd & fwd R/cl L, sd R (*W rk bk R, rec L, sd R/cl L, fwd R trng 3/4 RF undr ld hnds ; sd & slightly bk L/cl R, sd & bk L*) to LOP-FCG LOD, {Chng L to R} Rk apt L, rec R ; Sd L/cl R, sd L trng ¼ RF (*W fwd R/cl L, fwd R trng 3/4 LF undr jnd hnds*), sd R/cl L, sd R to BFLY WALL ;

**05-08 FALLAWAY THROWAWAY ; KICK BALL CHANGE ; BACK CHICKEN WALKS 2 SLOW & 4 QUICKS CHECKING ; ;**

{Fallaway Throwaway} Rk bk L, rec R, sd L/cl R, sd L ; sd R/cl L, sd R, {Kick Ball Chng} kck L/cl [ball of foot] L, cl R ; {Bk Chicken Walks 2 Slow & 4 Quicks} [raisg & placg each ft deliberately bhd the other & Lady w/ free arm up twd LOD] [SS] Bk L, -, bk R (W swvlg RF on L fwd R, -, swvlg LF on R fwd L), - ; [QQQQ] Bk L, R, L, R (W swvlg RF on L fwd R, swvlg LF on R fwd L, swvlg RF on L fwd R, swvlg LF on R fwd L) Checkg to CP LOD ;

**INTER JIVE**

**01-04 CHASSE L & R ; RIGHT TURNING FALLAWAY TWICE ; ; ;**

{Chasse L & R} Repeat meas 1 Part B ; {Right Trng Fallaway x 2} Rk apt L, rec R to CP, trng RF ¼ sd L/cl R, sd L ; trng RF ¼ sd R/cl L, sd R to CP COH, ~ Apt L, rec R jng both hnds ; chasse L/R, L trng ¼ RF but ldg W to trn LF undr raisd ld hnds to a mom wrp, chasse R/L, R contg ¼ RF trn & ldg W to unwrp RF to BFLY WALL ;

**05-08 SPANISH ARMS TWICE ; ; ; ROCK RECOVER WALK & PICK UP ;**

{Spanish Arms x 2} Repeat meas 5,6 & 7 Intro ; ; ; {Rock Rec Walk & Pick Up} Repeat meas 8 Intro ;

**ENDING**

**01-02 SIDE LUNGE WAIT & TWIST ;**

{Sd Lunge Wait & Twist} L twd LOD w/ bent knee, -, -, sharply trn upper bdy to RSCP w/ trl ft ptd RLOD ;