

Ballo al Destro e Sinistro

64 count, 2 wall, beginner/intermediate level
Choreographer: Gary Lafferty (UK) Feb 2007
Choreographed to: Bella Bella Signorina by Patrizio
Buanne, Album: Forever Begins Tonight (176 bpm)

64 count intro

SIDE, TOGETHER, SIDE, HOLD ; CROSS-ROCK, RECOVER, SIDE, HOLD

- 1-4 Step to Left on Left foot, step on Right foot beside Left, step to Left on Left foot, hold
5-8 Cross-rock Right foot over Left, recover weight back onto Left foot, step to Right on Right foot, hold

CROSS, SIDE, BEHIND, SIDE ; CROSS-ROCK, RECOVER, SIDE, HOLD

- 1-4 Cross-step Left over Right, step to Right on Right, cross-step Left behind Right, step to Right on Right foot
5-8 Cross-rock Left foot over Right, recover weight back onto Right foot, step to Left on Left foot, hold

STEP FORWARD, HOLD, ROCK STEP ; STEP BACK, HOLD, ROCK STEP

- 1-4 Step forward on Right foot, hold, rock forward on Left foot, recover weight back onto Right foot
5-8 Step back on Left foot, hold, rock back on Right foot, recover weight onto Left foot

STEP FORWARD, HOLD, ½ TURN, HOLD ; STEP FORWARD, ½ TURN, STEP FORWARD, HOLD

- 1-4 Step forward on Right foot, hold, pivot ½ turn to Left, hold
5-8 Step forward on Right foot, pivot ½ turn to Left, step forward on Right foot, hold

SIDE, HOLD, TOGETHER, HOLD ; SIDE, TOGETHER, CROSS, HOLD

- 1-4 Step to Left on Left foot, hold, step on Right foot beside Left, hold
5-8 Step to Left on Left foot, step on Right foot beside Left, cross-step Left foot over Right, hold

SIDE, HOLD, TOGETHER, HOLD ; SIDE, TOGETHER, CROSS, HOLD

- 1-4 Step to Right on Right foot, hold, step on Left foot beside Right, hold
5-8 Step to Right on Right foot, step on Left foot beside Right, cross-step Right foot over Left, hold

STEP LEFT, HOLD, ROCK BACK, RECOVER ; STEP RIGHT, HOLD, ROCK BACK, RECOVER

- 1-4 Step to Left on Left foot, hold, rock back on Right foot, recover weight onto Left foot
5-8 Step to Right on Right foot, hold, rock back on Left foot, recover weight onto Right foot

SIDE, TOGETHER, BACK, HOLD ; TRIPLE ½ TURN RIGHT, HOLD

- 1-4 Step to Left on Left foot, step on Right foot beside Left, step back on Left foot, hold
5-7 Make a ½ turn over Right shoulder in place, stepping on Right-Left-Right
8 Hold

RICOMINCI

Alternative floor-splits – “Sweet Sweet Smile” or “All Day Long”

Che cosa è il nome del ballo in Inglese? *Dance To The Left And Right*

Music download available from itunes
