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Bellisimo

48 count, 4 wall, intermediate level Choreographer: William Sevone (June 2007) Choreographed to: Ring My Bells by Enrique Iglesias,

CD: Insomniac (115 bpm)

The dance includes an optional intro which was created by Joyce Lim (Jus Danz, Singapore). Optional intro starts when Enrique starts to sing 'Ring my bells' for the first time.

Main dance starts after 'Ring my bells' intro & 3 counts into the short musical break. Feet apart, weight on right.

THE JOYCE LIM INTRO ('RINGING THE BELLS')

1 - 2
 3 - 4
 With slight hip roll - turn towards right (use arms to extenuate move). Return to centre.
 5 - 7
 With slight hip roll - turn towards left (use arms to extenuate move). Return to centre.
 Straightening up - run hands up front of thighs to side of hips (over three counts).

Dance note: Counts 1-4 - feet shoulder width apart & bending at knees.

Repeat Counts 1-7 three more times (four in total) - then HOLD for 3 counts (musical break)

2X BEHIND-3 SWAYS (12:00)

1 − 2 Step left behind right. Rock/sway right to right sid	t. Rock/sway right to right side.
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3 – 4 Sway onto left. Sway onto right.

5 – 6 Step left behind right. Rock/sway right to right side

7 – 8 Sway onto left. Sway onto right

1/2 LEFT SIDE. PUSH STEP. RECOVER. EXTENDED GRAPEVINE. (6:00)

9 – 10	Turn ½ left & step left to left side. Cross push step right over left.
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11 – 12 Recover onto left. Step right to right side.
13 – 14 Cross left over right. Step right to right side.
15 – 16 Step left behind right. Step right to right side.

HIP ROLLS. BEHIND. 1/2 LEFT. HIP ROLLS (12:00)

17 – 18	(bending at knees) Roll hips to left. Roll hips to right.
19 – 20	(straightening up) Roll hips to left. Roll hips to right.

21 – 22 Step left behind right. Unwind ½ left.

23 – 24 (bending knees slightly) Roll hips to right. Roll hips to left.

CROSS SHUFFLE. ROCK. RECOVER. CROSS SHUFFLE. SIDE. 1/2 HIGH SWEEP (6:00)

25& 26	(leaning right) Cross shuffle left stepping: R.L-R.
27 – 28	(leaning left) Rock left to left. Recover onto right.
29& 30	(still leaning left) Cross shuffle right stepping: L.R-L.
31 – 32	Step right to right side. High sweep left foot ½ left.

1/4 HIGH SWEEP FWD. CROSS-STEP BWD. 3/4 HIGH SWEEP FWD. CROSS-STEP BWD. 1/4 SWEEP (9:00)

1/4 SWEEF (9.00	<i>u</i>)
33	Continue sweep for a further ¼ left & step forward onto left (3).
34	(bending knees) Cross right over left – sweeping right hand to left.
35 – 36	(straightening up) Step backward onto left. High sweep right foot ½ right (9).
37	Continue sweep for a further 1/4 right & step forward onto right (12).

37 Continue sweep for a further % right & step forward onto right (12).
38 (bending knees) Cross left over right – sweeping left hand to right.
39 – 40 (straightening up) Step backward onto right. Sweep turn ¼ left.

2X ROCK-ROCK-TOGETHER. CROSS. SIDE (9:00)

41 – 42	Rock/sway left to left side. Recover onto right.
43	Step left next to right.

44 – 45 Rock/sway right to side. Recover onto left.

46 Step right next to left.

47 – 48 Cross left over right. Step right to right side.

TAG: At end of wall 4 (facing 12) and (the final) wall 7 (facing 3):

With knees bent and turning with rolls - also use the arms and hands swaying side to side

1 – 4 Roll body to left. Roll body to right (2 counts each direction)
5 – 8 Roll body to left. Roll body to right (2 counts each direction)
9 – 12 Roll body to left. Roll body to right (2 counts each direction)
13 – 16 Roll body to left. Roll body to right (2 counts each direction)

Any combination of body rolls (as long as they are slow) will look good - only go as low as comfortable. Remembering that by count 16 the dancer should be 'upright with weight on right foot'.

Music download available from iTunes, Napster