

LA VITA E BELLA [Beautiful That Way]

Music: Achinoam Noa
www.amazon.fr/Beautiful-Theme-Motion-Picture-Bella/dp/B0025A6UXY
or [Descargar Noa La Vita E Bella MP3 - xMP3x](#)
Time 3:17 Slow Down w/ -10% Available from choreographer

Rhythm: Slow Two Step Phase : V +1(Passing X-Chasse) + Several U

Footwork: Opposite except where (Noted)

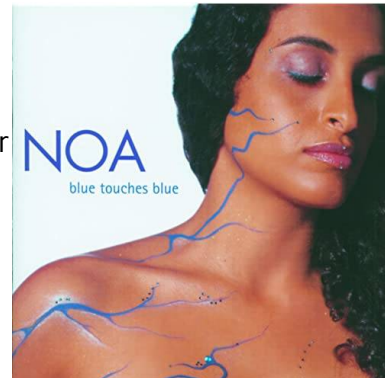
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Sequence: INTRO AA B C A B(1-8) A(9-15) A(9-12) D END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; AIDA PREP ; AIDA LINE SWITCH & RECOVER ;

{Wait} Bfly Pos WALL Id ft free wt 2 meas ; ; {Aida Preparation} Sd L trng LF (W RF) to OP LOD, -, thru R trng RF (W LF) to fc ptr, sd L ; {Aida Line Switch & Rec} Trng RF (W LF) Bk R to V BK-TO-BK RLOD free hnds up & out, -, swiv LF (W RF) on R sd & bk L to fc ptr, rec R to BFLY WALL & Pickg Up ;

PART A

01-04 LEFT TURN/W INSIDE ROLL ; REVERSE UNDERARM TURN ; LUNGE BASICS w/ ARMS ; ;

{Left Trn w/ Insd Roll} Fwd L com LF trn raisg jnd Id hnds to Id W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R com LF trn, -, sd L trng LF undr Id hnds, contg LF trn sd R) to BFLY COH ; {Reverse Underarm Trn} Relg trl hnds sd R raisg jnd Id hnds palm-to-palm, -, XLif, rec R (W sd L com LF trn undr jnd Id hnds, -, XRif cont LF trn ½, rec L compg full trn) to BFLY COH ; {Lunge Basics w/ Arms} Sd L raisg Id arms to sd, -, rec R, XLif (W XRif) ; Sd R raisg trl arms to sd, -, rec L, XRif (W XLif) to BFLY COH & Manvrg ;

05-08 RIGHT TURN/W OUTSIDE ROLL ; OP BASIC ENDING ; TWO SWITCHES ; ;

{Right Trn /W Outsd Roll} Sd & bk L Xg ifo W , -, raisg jnd Id hnds to Id W's RF trn sd & bk R trng ¼ RF, XLif (W fwd R com RF twrl undr Id hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY WALL ; {OP Basic Ending} Sd R trng to ½ OP LOD, -, XLib (W XRif), rec R startg to fold ifo W to ½ OP LOD ; {Switches x 2} Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R) ; Fwd R, -, fwd L to ½ OP LOD, fwd R (W sd L Xg ifo M, -, fwd R to ½ OP, fwd L) to ½ OP LOD ;

09-12 ALTERNATING UNDERARM TURN W (chn g hnds) & M ; ; FENCE LINE w/ ARMSWEEP TWICE ; ;

{Alternating Underarm Trn W & M} Blend to fc Sd L raisg jnd Id hnds palm-to-palm, -, XRif, rec L (W sd R comm RF trn undr jnd Id hnds, -, XLif cont RF trn ½, rec R compg full trn) to fc ptr chng to trl hnds ; Sd R comm RF trn under jnd trl hnds, -, XLif cont RF trn ½, rec R complg full trn (W sd L raisg jnd trl hnds palm-to-palm, -, XRif, rec L) to BFLY WALL ; {Fence Line w/ Armsweep x 2} Sd L body rise, -, XRif bent knee rt arm circle CCW (W XLif bent knee lft arm cicle CW) ifo body, rec bk L ; Sd R body rise, -, XLif bent knee lft arm circle CW (W XRif bent knee rt arm circle CCW) ifo body, rec bk R to BFLY WALL ;

13-15 SPOT TURN ; To RLOD QUICK VINE 4 ; SPOT TURN ;

{Spot Trn} Sd L relsg hnds, -, XRif trng LF ½, rec L to fc ptr & WALL ; {To RLOD Quick Vine 4} [QQQQ] Sd R, XLib (W XRif), sd R, XLif (W XRif) ; {Spot Trn} Sd R relsg hnds, -, XLif trng ½ RF (W XRif trng ½ LF), rec R to BFLY WALL & Pickg Up ; [2^{de} Time & 3^{the} Time: to ½ OP LOD] ;

PART D

13-14 SPOT TURN TWICE to Pickg Up ; ;

{Spot Trn x 2} Repeat meas 13 & 15 Part A to Pickg Up ; ;

PART B

01-04 THE SQUARE ; ; ; ;

{The Square} [Like a switch] M Xg ifo W sd L, -, trng RF to step sd R twd COH in ½ LOP, XLif (W fwd R, -, sd L twd COH, XRif startg to Xg ifo M) ; Fwd R, -, sd L twd RLOD, XRif startg to Xg ifo W (W [like a switch] Xg ifo M sd L, -, trng RF to step sd R twd RLOD in ½ OP, XLif) ; [Like a switch] M Xg ifo W sd L, -, trng RF to step sd R twd WALL in ½ LOP, XLif (W fwd R, -, sd L twd WALL, XRif startg to Xg ifo M) ; Fwd R, -, sd L twd LOD, XRif (W [like a switch] Xg ifo M sd L, -, trng RF to step sd R twd LOD in ½ OP, XLif) to loose CP WALL manvrg ;

05-08 CONTINUOUS TRAVELING RIGHT TURNS ; ; ; ZIG ZAG ;

{Continuous Traveling Right Trns} Folding RF ifo W sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both feet to fc DLW & shift full wgt bk to L (*W fwd R LOD btwn M's feet, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD chckg*) to BJO M fcg DLW ; Fwd R outsd ptr foldg RF square to ptr & CP RLOD, -, bk L pivot ½ RF, fwd R cont RF pivot (*W bk L trng RF to square w/ ptr, -, fwd R pivot ½ RF, bk L cont RF pivot*) to approx CP DRW ; Cont RF trn sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both feet to fc DLW & shift full wgt bk to L (*W fwd R LOD btwn M's feet, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD chckg*) to BJO M fcg DLW ; **{Zigzag}** Fwd R DLW trng 1/8 RF to WALL, -, sd L, XRif (*W XLif*) to BFLY WALL ;

09-10 TURN INTO ROMANTIC SWAY'S

{Trn Into Romantic Sway's} Relsg ld hnds Sd L & swiv LF (*W RF*) to bk-to-bk sweep ld hnds up & around to end stretched out to sd at shldr level, -, sd R, rec L ; Sd R and swiv RF (*W LF*) to fc bring ld hnds btwn ptrs to lead hip, -, sd L, rec R BFLY WALL & **[1^{de} Time: to Pickup]** ;

PART C

01-04 TRIPLE TRAVELER ; ; ; HIP LIFT ;

{Triple Traveler} Fwd L trng LF & raisg jnd ld hnds to ld W into LF trn, -, fwd R, fwd L (*W bk R trng ¼ LF, -, sd L trng ½ undr jnd ld hnds, sd & fwd R contg trn to LOP LOD*) ; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (*W fwd L, -, fwd R, fwd L*) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (*W fwd R com RF trn, -, sd L cont RF trn undr ld-hnds, fwd R to fc ptr*) to Low Bfly COH ; **{Hip Lift}** Sd R bring L ft along sd R ft, -, w/ pressure on L toe lift L hip, lwr hip to Loose CP COH ;

05-07 CROSS BODY ; ONE STROLLING VINE w/ HESITATION & OUTSIDE ROLL ; ;

{Cross Body} Sd L, -, slip bk R trng LF, rec L to fc Wall (*W sd R, -, fwd L trng LF, fwd & sd R contg LF trn to fc M*) to Loose CP WALL ; **{One Strolling Vine w/ Hesitation & Outsd Roll}** [SS-; SQQ] Sd R, -, XLib (*W XRif*), swiv RF on L (*W Swiv LF on R*) ; Trng RF sd & fwd R raisg jnd ld hnds to ld W's RF trn, -, contg RF trn, sd L, XRif (*W sd & bk L trng RF, -, contg to trn under ld hnds roll RF R, L*) to BFLY COH & Pickg Up to RLOD ;

08-11 TRIPLE TRAVELER ; ; ; BASIC ENDING ;

{To RLOD Triple Traveler} Repeat meas 1,2 & 3 Part C ; ; ; **{Basic Ending}** Sd R, -, XLib, rec R to BFLY WALL ;

12-15 AIDA PREPARATION ; AIDA LINE SWITCH & RECOVER ; PATTY CAKE TWICE ; ;

{Aida Preparation} Repeat meas 3 Intro ; **{Aida Line Switch & Rec}** Repeat meas 4 Intro ; **{Patty Cake x 2}** [jng lf hnds] Sd L, -, trng ¼ RF rk bk R xtnd trl arm to sd, rec L trng ¼ LF to fcg ptr (*W [jng lf hnds] sd R, -, trng RF rk fwd L xtnd ld arm to sd, rec R trng ¼ LF*) to BFLY COH ; [jng rt hnds] Repeat meas 4 Part A to Loose CP WALL & Pickg Up ;

ENDING

01-04 TRAVELING CROSS CHASSE 3 TIMES ; ; ; PASSING CROSS CHASSE ;

{Trav X-Chasse x 3} Jng both hnds low Fwd L trng LF, -, w/ rt sd leadg sd R, XLif (*W bk R trng LF, -, w/ lft sd leadg sd L, XRif*) to DLC ; Fwd R trng RF, -, w/ lft sd leadg sd L, XRif (*W bk L trng RF, -, w/ rt sd leadg sd R, XLif*) to DLW ; Repeat meas 1 Ending ; **{Passing X-Chasse}** Fwd R trng RF fc Wall, -, fwd & sd L cont RF trn, XRif ifo W fc DRW (*W bk L trng RF, -, small sd R fc COH, XLif*) ;

05-08 2 BACK TRAVELING CROSS CHASSE ; ; W PASSING CROSS CHASSE ; TRAVELING CROSS CHASSE to WALL ;

{2 Bk Trav X-Chasse} Bk L RF trn, -, bk & sd R, XLif (*W fwd R trng RF, -, fwd & sd L, XRif*) ; Bk R LF trn, -, bk & sd L, XRif (*W fwd L trng LF, -, fwd & sd R, XLif*) ; **{W Passing X-Chasse}** Bk L trng RF, -, small sd R fc COH, XLif (*W fwd R trng RF, -, fwd & sd L cont RF trng, XRif of M fwd DRW*) ; **{Trav X-Chasse to WALL}** Fwd R trng RF, -, sd & fwd L, XRif (*W bk R trng LF, -, bk & sd L to fcg COH, XRif*) to BFLY WALL ;

09 SIDE LUNGE & EXTEND ARMS to SIDE ;

{Sd Lunge & Extend Both Arms to Sd} [S-] Sd L w/ lunge flex L knee R foot xtnd, raisg both arms to sd ;