

Belle Star

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Record: CD: Cowgirl Dream, Track 1 Artist: Joni Harms
Availability: MP3 from iTunes, Amazon, Emusic.com & Others CD from Amazon and others
Footwork: Opposite unless noted (Woman's Footwork in parentheses)
Rhythm: Cha Cha Level: RAL Phase IV Difficulty Level - Average
Timing: Standard unless noted. Time @ Recorded Speed: 2:38 Adjust for comfort.
Sequence: Intro—A—B--Int—C—B—Brg—D—B--End Released: May 1, 2013

Meas

INTRO

1 - - 4 BOLERO BJO HNDS JOINED OVER HEAD WAIT 2;; WHEEL 2 & CHA 2X BFLY/WALL;;

1 - 2 In Bolero BJO ld hnds joined over heads wait 2;;

3 - 4 [Wheel 2 & Cha 2X] While Maintaining BJO hold wheel RF fwd L, fwd R, fwd L/R, fwd L; Fwd R, fwd L, fwd R/L, R releasing hnds at waist to assume BFLY pos fcng Wall;

PART A

1 - - 4.5 SHLDR TO SHLDR; CRAB WKS;; SPOT TRN; RK THRU, REC BFLY,

1 - 3 [Shldr to Shldr] From Bfly Pos fwd L to Bfly SCAR, rec R to fc, sd L/cl R, sd L (Bk R to Bfly SCAR, rec L to fc, sd R/cl L, sd R); [Crab Wks Rt Ft Ld] Maintaining BFLY pos XRIF, sd L, XRIF/sd L, XRIF; sd L, XRIF, sd L/cl R, sd L;

4 - 4.5 [Spot Trn] Commence LF trn XRIF trng ½, rec L complete trn to fc ptr, sd R/cl L, sd R;

[Rk Thru, Rec] maintaining BFLY hnd hold rk thru L, rec R, [1/2 meas]

5 - - 8.5 CIRCLE CHA;; ½ BASIC; AIDA; SWITCH, REC,

5 - 6 [Circle Cha] Comm LF circle moving away from Ptr fwd L, fwd R, fwd L/fwd R, fwd L; Cont LF circle starting bk twd Ptr fwd R, fwd L, fwd R/fwd L, fwd R to Bfly;

7 - 8.5 [1/2 Basic] Fwd L, rec bk R, bk & sd L/cl R to L, bk & sd L; [Aida] Thru R tng RF, sd L continuing RF trn, bk R/lk L in front of R, bk R; [Switch Rec] Trng sharply LF bringing joined ld hnds thru to fc ptr sd L checking, rec R to BFLY/WALL, [1/2 meas]

PART B

1 - - 4 ALEMANA;; LARIAT TO LFT HND STAR;;

1 - 2 [Alemana to Lariat] Fwd L, rec R, sd L/cl R, sd L leading W to trn RF; Bk R, rec L, sip R/L, R leading W to pass on rt sd (Bk R, rec L, sd R/cl L, sd R comm RF swivel; cont RF trn under joined lead hnds fwd L, cont RF trn fwd R, sd L/cl R, sd L to M's rt sd);

3 - 4 [Lariat] Rk sd L, rec R, in place L/R, L; Rk bk R, rec L, in place R/L, R (Circle M clockwise with joined ld hnds fwd R, fwd L, fwd R/cl L, fwd R; Fwd L, fwd R, fwd L/cl R trng to fc ptr, sd L trng to fc LOD;) trng to fc RLOD join lft hnds above W's head;

5 - - 8 UMBRELLA TRNS;;;

5 - 8 [Umbrella Trn] In lft hnd star position fwd L, rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R; fwd L, rec R, bk L/cl R, bk L; bk R, rec L trn LF 1/4 to fc ptr, sd R/cl L, sd R (Bk R, rec L, fwd R/cl L, fwd R; Fwd L trng 1/2 RF under joined lft hnds, rec R, fwd L/cl R, fwd L; fwd R trng 1/2 LF under joined lft hnds, rec L, fwd R/cl L, fwd R; fwd L trng 1/2 RF under joined lft hnds, rec R continue trn to fc ptr, sd L/cl R, sd L;) to BFLY/WALL;

INTERLUDE

1 - - 4 CROSS BODY 2X;;;

1 - 2 [Cross Body] Fwd L, rec R trng LF, [ft trnd about ¼ trn body trnd 1/8 trn] sd L/cl R, sd L (Bk R, rec L, fwd R/cl L, fwd R twd M staying on rt sd ending in an L-shaped pos); Bk R beh L cont LF trn, rec L, sd R/cl L, sd R (fwd L commencing to trn lft, fwd R trng ½ LF, sd L/cl R, sd & bk L;) to BFLY COH;

3 - 4 [Cross Body] Repeat Meas 1 & 2, Int to fc Wall in BFLY;;

PART C**1 - - 4 RK THRU, REC, BK TRIPLE CHAS;; RK BK, REC, FWD TRIPLE CHAS;;**

- 1 - 2 [Rk Thru, Rec, Bk Triple Chas] Rk Thru RLOD L, rec R, bk L/lk RIF, bk L; Bk R/lk LIF, bk R, bk L/lk RIF, bk L;
- 3 - 4 [Rk Bk, Rec, Fwd Triple Chas] Rk bk R, rec L, fwd R/lk LIB, fwd R; fwd L/lk RIB, fwd L, fwd R/lk LIB, fwd R;

5 - - 8.5 NEW YORKER; SPOT TRN; HND TO HND 2X;; RK THRU, REC BFLY,

- 5 - 6 [New Yorker] Swiveling on rt ft commence RF trn & stp thru L with straight leg trng to a sd by sd position, rec R to fc ptr, sd L/cl R, sd L to BFLY; [Spot Trn] Commence LF trn XRIF trng ½, rec L complete trn to fc ptr, sd R/cl L, sd R;
- 7 - 8.5 [Hnd to Hnd 2X] Swiveling sharply LF ¼ on rt ft stp bk L to Op/LOD, rec R trng ¼ RF to fc ptr, sd L/cl R, sd L; Swiveling sharply RF ¼ on lft ft stp bk R to Op/RLOD, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R to BFLY/WALL; [Rk Thru, Rec] Maintaining BFLY hnd hold rk thru L, rec R, [1/2 meas]

REPEAT B

BRIDGE**1 RK THRU, REC, SD, CL;**

- 1 [Rk, Thru, Rec, Sd, Cl] Maintaining BFLY handhold rk thru L, rec R to fc, sd, L, cl R to BFLY/WALL;

PART D**1 - - 4.5 TRAVELING DOORS;; CIRCLE CHA; SD, CL,**

- 1 - 2 [Traveling Doors] Maintaining BFLY hold rk sd L, rec R, XLIF/sd R, XLIF; Rk sd R, rec L, LRIF/sd L, XRIF;
- 3 - 4.5 [Circle Cha] Comm LF circle moving away from Ptr fwd L, fwd R, fwd L/fwd R, fwd L; Cont LF circle starting bk twd Ptr fwd R, fwd L, fwd R/fwd L, fwd R to Bfly; [Sd, Cl] Sd L, cl R, [1/2 meas]

5 - - 8.5 CHASE;;; X RK, REC,

- 5 - 8 [Chase] Fwd L commence RF trn ½, rec fwd R, fwd L/cl R, fwd L; fwd R commence LF trn ½, rec fwd L, fwd R/cl L, fwd R; fwd L, rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R (Bk R with no trn, rec L, fwd R/cl L, fwd R; fwd L commence RF trn ½, rec fwd R, fwd L/cl R, fwd L; fwd R commence LF trn ½, rec fwd L, fwd R/cl L, fwd R; fwd L with no trn, rec R, bk L/cl R, bk L);
- 8.5 [X Rk, Rec] Like a Shldr to Shldr From Bfly Pos fwd L to Bfly SCAR, rec R to fc, [1/2 meas]

REPEAT B

END**1 - - 5 SD, CL, SD, DRAW CL; ALEMANA;; LARIAT W/CHA CHA LUNGE;;**

- 1 - 3 [Sd, Cl, Sd Draw, Cl] Sd L, cl R, Sd L draw R*, cl R [Alemana] Fwd L, rec R, sd L/cl R, sd L leading W to trn RF; Bk R, rec L, sip R/L, R leading W to pass on rt sd (Bk R, rec L, sd R/cl L, sd R comm RF swivel; cont RF trn under joined lead hnds fwd L, cont RF trn fwd R, sd L/cl R, sd L to M's rt sd);
- 4 - 5 [Lariat] Rk sd L, rec R, in place L/R, L; Rk bk R, rec L, in place R/L, Lunge R (Circle M clockwise with joined ld hnds fwd R, fwd L, fwd R/cl L, fwd R; Fwd L, fwd R, fwd L/cl R trng to fc ptr, lunge L;) to Bfly & Hold;

* Music retards slightly here.

Quick Cues

Belle Star

(Phase IV - Cha)

(Weiss)

- Int** Bolero Bjo Hnds Joined Over Head Wait 2;;
Wheel 2 & Cha 2X to BFLY Wall;;
- A** Shldr to Shldr; Crab Wks;; Spot Trn; Rk Thru, Rec BFLY;
Circle Cha;; 1/2 Basic; Aida; Switch, Rec;
- B** Alemana;; Lariat to Lft Hnd Star;;
Umbrella Trns;;;;
- Int** X Body 2X;;;;
- C** Rk Thru, Rec Bk Triple Chas;; Rk Bk, Rec, Fwd Triple Chas;;
New Yorker; Spot Trn; Hnd to Hnd 2X;; Rk Thru, Rec BFLY;
- B** Alemana;; Lariat to Lft Hnd Star;;
Umbrella Trns;;;;
- Brg** Rk Thru, Rec, Sd, Cl;
- D** Traveling Doors;; Circle Cha; Sd, Cl;
Chase;;;; X Rk, Rec;
- B** Alemana;; Lariat to Lft Hnd Star;;
Umbrella Trns;;;;
- End** Sd, Cl, Sd, Draw, Cl; Alemana;;
Lariat with Cha Cha Lunge;