

Bella Ciao

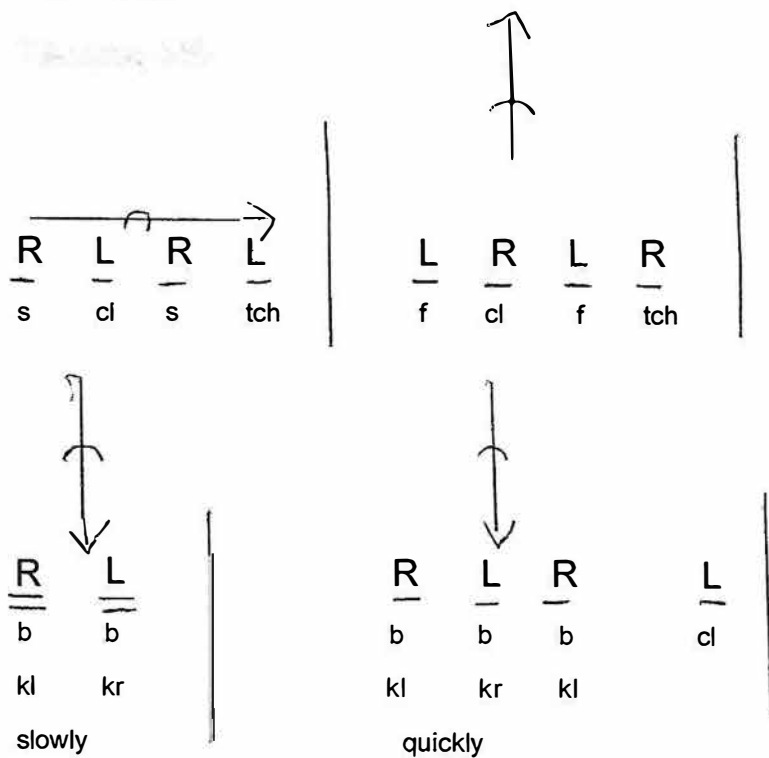
Choreographer: Amanda Thaise Hüttl (Brasil)

Music: Bella Ciao by Manu Pilas, available on iTunes

(Bella Ciao means "Goodbye Beautiful". This track is frequently used on the soundtrack of the Spanish Netflix crime series "La Casa De Papel". An Italian folk song. Originated in a protest at the hardships endured by the Mondina women as they worked in the paddy fields of North Italy during the late 19th century. Modified during the Italian Resistance of World War 2, and became an anthem of protest against fascism.)

"W" hold

Tempo: 4/4



After 5 repeats the tempo slows down considerably and the sequence is danced twice before the tempo speeds up again and the dance continues at fast speed until the end

Notation: Lynne Barlow 2020