

Balada

Choreograaf : Francien Sittrop (April 2012)

Soort dans : Phrased

Niveau : Intermediate

Tellen : 64

Intro: 16 tellen

Sequence: AA B AA BBBB A BB B(16)

Muziek : Balada Boa

Artiest : Gustavo Lima

Tempo : 128 BPM

Koop muziek: [iTunes](#)

1 – 8 Rocking Chair , Shuffle fwd. Step fwd Pivot ½ R

1 – 2 Rock R fwd. Recover on L

3 – 4 Rock R back, Recover on L

5 & 6 Step R fwd , Step L next to R, Step R fwd

7 – 8 Step L fwd. Pivot ½ Turn R

9-16 Shuffle fwd, ½ Turn L , Cross Side, Cross Shuffle

1 & 2 Step L fwd. Step R next to L , Step L fwd

3 – 4 ¼ Turn L step back on R, ¼ Turn L step L to the L side

5 – 6 Step R across L, Step L to L side

7 & 8 Step R across L. Step L to L side. Step R across L

17-24 Side Rock Recover, Behind Side Cross, Side Rock Recover , Coaster Step

1 – 2 Rock L to L side. Recover on R

3 & 4 Step L behind R. Step R to L side , Step L across R

5 – 6 Rock R to R side. Recover on L

7 & 8 Step R back, Step L next to R. Step R fwd

25-32 Step fwd ,Pivot ½ R, Shuffle fwd, Heel Ball Step 1/8 Right x2

1 – 2 Step L fwd, Pivot ½ Turn R

3 & 4 Step L fwd., Step R next to L, Step

5 & 6 Touch R Heel fwd 1/8 to the R, Step R down. Step L fwd

7 & 8 Touch R Heel fwd 1/8 to the R, Step R down. Step L fwd

Section B:

1 – 8 Samba Steps x2, 2 Walks fwd . Kick Ball Step

1 & 2 Step R across L, Rock L to L side, Recover on R

3 & 4 Step L across R, Rock R to R side, Recover on L

5 - 6 Walk fwd R L

7 & 8 Kick R fwd. Step R down. Step L fwd

9 - 16 Side Together , Chasse , Rock Recover, ¼ L with Chasse

1 – 2 Step R to R side, Step L next to R

3 & 4 Step R to R side, Step L next to R, Step R to R side

5 – 6 Rock L fwd, Recover on R

7 & 8 ¼ Turn L step L to L side,. Step R next to L, Step L to L side

17-24 Vaudevilles x2 (Travelling fwd) , 2 Walks fwd, Shuffle fwd

1&2& Step R across L, Step L back, Touch R Heel fwd, Step R down

3&4& Step L across R , Step R back, Touch L Heel fwd , Step L down

5 – 6 Walk fwd R L

7 & 8 Step R fwd, Step L next to R, Step R fwd

25-32 Rocking Chair , Rock Recover, ¼ L with Chasse

1 – 4 Rock L fwd,. Recover on R, Rock L back, Recover on R

5 – 6 Rock L fwd, Recover on R

7 & 8 ¼ Turn L step L to L side, Step R next to L , Step L to L side