

Ndang Balia

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Maya Sofia (INA) - February 2016

Musique: Ndang Balia by Ira Helina



Intro: 32 Count

Tag & Restart on 3rd Wall after 16 count

Tag on 4th, 5th, 6th, 8th Wall

S1: 1/4 LEFT SIDE, BACKWARD, BACKWARD, 1/4 LEFT, BACKWARD, BACKWARD, 1/4 LEFT, SLOW CHASSE, SLOW CHASSE

- 1 Make 1/4 turn L step L to L side
- 2&3 Step R backward, Step L backward, Turn 1/4 L step R backward
- 4&5 Step L backward, Step R backward, Turn 1/4 L step L backward
- 6&7 Step R to R side, Step L next to R, Step R to R side
- 8&1 Step L to L side, Step R next to L, Step L to L side

S2: PIVOT 1/2 TURN, FORWARD, 1/2 RIGHT, 1/2 RIGHT, 1/4 RIGHT, SAILOR COASTER, SAILOR COASTER

- 2&3 Step R forward, Pivot 1/2 L, Step R forward
- 4&5 Turn 1/2 R step L backward, Turn 1/2 R step R forward, Turn 1/4 R step L to side
- 6&7 Step back on R, Step L next to R, Step R to side
- 8&1 Step back on L, Step R next to L, Step L to side

S3: SIDE ROCK, RECOVER, 1/4 RIGHT, FORWARD, FULL TURN RIGHT, (SIDE MAMBO)X2

- 2&3 Step R across L, Recover on L, 1/4 Turn to R step R forward
- 4&5 1/2 Turn to R step L backward (12.00), 1/2 Turn to R step R forward, Step L forward
- 6&7 Side Rock R to R side, Recover on L, Step R beside L
- 8&1 Side Rock L to L side, Recover on R, Step L beside R

S4: LEFT WEAVE, 1/4 RIGHT SWEEP, RIGHT WEAVE, SWEEP, SCISSOR, LEFT FULL TURN

- 2&3 R behind L, Step L to side, Step R forward, Sweep L from back to front 1/4 R
- 4&5 Cross L over R, Step R to side, Cross L behind R sweep R from front to side
- 6&7 Step R to side, Step L next to R, Cross R over L
- 8& Step L forward 1/4 Turn L, 1/2 Turn L step R back

Begin Again!

TAG:

- 1-4 Step L to side, Sway R, L, R

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