

Ballaonda Vida Mia

Compte: 64

Mur: 4

Niveau: Improver



Chorégraphe: mBah Wir (INA) - April 2016

Musique: Vida Mia (feat. Orchestra Vincenzi) - Silvia Cecconi "BallaOnda" : (amazon)

Intro 32 count - No Tag, No Restart

S1: BASIC BACHATA STEP RIGHT, LEFT ROLLING VINE

- 1-4 Step R to side, Step L next to R, Step R to side, Touch L in place & hip bumps
5-8 Make ¼ L Step L forward, Make ½ L step R back, Make ¼ L step L to side, Touch R in place & hip bumps

S2: (SIDE STEP, TOUCH&HIP BUMPS) X2, ¼ RIGHT JAZZ BOX

- 1-2 □ Step R to side, Touch L toe outside L & hip bumps
3-4 Step L to side, Touch R toe outside R & hip bumps
5-8 Cross R over L, Make ¼ R step back on L, step R to side, Touch L outside L & hip bumps

S3: (SIDE STEP, TOUCH&HIP BUMPS) X2, ¼ LEFT JAZZ BOX

- 1-2 Step L to side, Touch R outside R & hip bumps
3-4 Step R to side, Touch L outside L & hip bumps
5-8 Cross L over R, Make ¼ turn L step R back, Step L to side, Touch R in place & hip bumps

S4: (SIDE ROCK, RECOVER, CROSS BEHIND, SIDE, CROSS OVER) X2

- 1-2 Rock R to side, Recover on L
3&4 Cross R behind L, Step L to side, Cross R over L
5-6 Rock L to side, Recover on R
7&8 Cross L behind R, Step R to side, Cross L over R

S5: SIDE STEP, TOGETHER, BACKWARD, TOUCH&HIP BUMPS, FORWARD FULL TURN, TOUCH&HIP BUMPS

- 1-4 Step R to side, Step L next to R, Step R back, Step L toe in place & hip bumps
5-8 Step L forward, Make ½ L step R back, Make ½ L step L forward, Touch R toe behind L & hip bumps

S6: FISH TAILS, ¼ RIGHT JAZZ BOX

- 1-4 Step R back diagonal R, Touch L toe beside R & hip bumps, Step L back diagonal L, Touch R toe beside L & hip bumps
5-8 Cross R over L, Make ¼ R step back on L, Step R to side, Touch L toe beside R

S7: SIDE STEP, TOUCH, DROP HEEL, TOUCH, DROP HEEL, TOGETHER, FORWARD SHUFFLE

- 1-4 Step L to side, Touch R toe outside R, Drop R heel, Touch L toe outside L
5-6 Drop L heel, Step R next to L
7&8 Step L forward, Step R next to L, Step L forward

S8: (MONTEREY ¼ TURN RIGHT) X2

- 1-2 Touch R toe outside R, Step on ball of L make ¼ turn R and step R next to L
3-4 Touch L toe outside L, Step L next to R
5-6 Touch R toe outside R, Step on ball of L make ¼ turn R and step R next to L
7-8 Touch L toe outside L, Step L next to R

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