

Balada Boa

Compte: 32

Mur: 4

Niveau: High Beginner

Chorégraphe: Yo Herry P (INA) - August 2024

Musique: Balada Boa - Grisolho



Intro: 16 Count

No Tag – No Restart

S1: BASIC SAMBA (BACKWARD, FORWARD), SIDE, TOUCH, SAMBA WHISK

- 1&2 Step R back (1), Step L beside R (&), Step R in place (2)
- 3&4 Step L forward (3), Step R beside L (&), Step L in place (4)
- 5-6 Step R to side (5), Touch L beside R (6)
- 7&8 Step L to side (7), Cross rock R behind L (&), Recover on L (8)

S2: FORWARD SHUFFLE (RIGHT, LEFT), VOLTA ½ TURN RIGHT

- 1&2 Step R forward (1), Step L beside R (&), Step R forward (2)
- 3&4 Step L forward (3), Step R beside L (&), Step L forward (4)
- 5& Make 1/8 right turn step R forward (5), Step on ball of L behind R (&)
- 6& Make 1/8 right turn step R forward (6), Step on ball of L behind R (&)
- 7& Make 1/8 right turn step R forward (7), Step on ball of L behind R (&)
- 8 Make 1/8 right turn step R forward (8)

S3: FORWARD, SIDE, LIFT, ¼ LEFT SIDE, BACK, SIDE MAMBO (LEFT, RIGHT)

- 1&2& Step L forward (1), Step R to side (&), Step L back (2), Lift R knee up (&)
- 3&4 Step R back (3), Make ¼ left turn step L to side (&), Cross R over left (4)
- 5&6 Rock L to side (5), Recover on R (&), Step L next to R (6)
- 7&8 Rock R to side (7), Recover on L (&), Step R next to L (8)

S4: FORWARD, SIDE, BACK LEFT COASTER STEP, SIDE, HIPS ROLL, CLOSE

- 1-2 Step L forward (1), Step R to side (3)
- 3&4 Step L back (3), Step R beside L (&), Step L forward (4)
- 5-8 Step R to side (5), Hips roll to right 2 counts (6,7), Step L next to R (8)

Begin again & have fun!

For more questions about this dance please contact me at: yodancesport@gmail.com