

# Bal-Wow!

拍数: 48                      墙数: 4                      级数: Improver - Solo Balboa  
编舞者: Dick Rogers (USA) & Nancy Rogers (USA) - February 2023  
音乐: Jumping Cat Boogie - Red Elvises



Other Music: Shake It and Break It (Preservation Hall Jazz Band) [194 bpm]; any swing music suitable for balboa

Note: No tags or restarts. Balboa is typically done to fast music 160-200+ BPM, so steps must be small and quick.

For a different feel, try the dance to slower tempo music such as Let's Walk (Austin de Lone) [108 bpm].

Starting position: Facing 12:00 wall with weight on RF.

## [1-8] SWAY L, SWAY R, TURN ¼ L AND SIDE, TOUCH, SIDE, TOUCH

- 1-2                      Step LF to L and sway L hip to L (1-2)
- 3-4                      Transfer weight to RF and sway R hip to R (3-4)
- 5-6                      Turn ¼ L and transfer weight to LF (5), touch RF beside LF (6) (9:00)
- 7-8                      Step R on RF (7), touch LF beside RF (8)

## [9-16] SIDE L, TOGETHER, POINT L, TOGETHER, SIDE R, TOGETHER, POINT R, TOGETHER

- 1-2                      Step LF to L (1), step RF beside LF (2)
- 3-4                      Point LF to L (4), step LF beside RF (4)
- 5-6                      Step RF to R (5), step LF beside RF (6)
- 7-8                      Point RF to R (7), step RF beside LF (8)

## [17-24] ROCK BACK, RECOVER, POINT FORWARD, TOGETHER, WALK, WALK, TOUCH, TOGETHER

- 1-2                      Rock back on LF (1), recover on RF (2)
- 3-4                      Point LF forward (3), step LF beside RF (4)
- 5-6                      Walk forward on RF (5), walk forward on LF (6)
- 7-8                      Touch RF beside LF (7), step RF beside LF or slightly back (8)

## [25-32] ROCK BACK, RECOVER, POINT L, CROSS, HOOK AND TURN, TOGETHER, POINT FORWARD, TOGETHER

- 1-2                      Rock back on LF (1), recover on RF (2)
- 3-4                      Point LF to L (3), step LF across RF (4)
- 5-6                      Hook RF behind LF and turn ½ R as weight is transferred fully to RF (5), step LF beside RF (6) (3:00)
- 7-8                      Point RF forward (7), step RF beside LF (8)

Variation for 1-8: Touch turns x2: Turn ¼ R and step LF to L (1), touch RF beside LF (2), step RF to R (3), touch LF beside RF (4), turn ¼ R and step LF to L (5), touch RF beside LF (6), step RF to R (7), touch LF beside RF (8).

## [33-40] ROCK L, RECOVER, POINT FORWARD, TOGETHER, WALK, WALK, WALK, WALK

- 1-2                      Rock L on LF (1), recover on RF (2)
- 3-4                      Point L toe forward (3), step LF beside RF (4)
- 5-6                      Walk forward on RF (5), walk forward on LF (6) (call as WALK, ONE)
- 7-8                      Repeat 5-6 (call as WALK, TWO)

## [41-48] WALK, WALK, TOUCH, TOGETHER, ROCK BACK, RECOVER, ROCK FORWARD, RECOVER

- 1-2                      Repeat 5-6 (call as WALK, THREE)
- 3-4                      Touch R toe beside LF (3), step RF beside LF or slightly back (4) (call as SEVEN, EIGHT)
- 5-6                      Rock back on LF (5), recover on RF (6) (call as ONE, TWO)
- 7-8                      Rock forward on LF (7), recover on RF (8) (call as THREE, FOUR)

**START OVER**

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