

# Balada Boa

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Yo Herry P (INA) - August 2024  
音乐: 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](mailto:yodancesport@gmail.com)