

Balada

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Francien Sittrop (NL) - April 2012
音乐: Balada (Ao Vivo) - Gustavo Lima : (iTunes)



Intro: Start after 16 counts from the beginning - Sequence: AA B AA BBBB A BB B(16)

Section A: 32 counts.

[1 – 8] Rocking Chair , Shuffle fwd. Step fwd Pivot ½ R

1 – 2 Rock R fwd. Recover on L
3 – 4 Rock R back, Recover on L
5 & 6 Step R fwd , Step L next to R, Step R fwd
7 – 8 Step L fwd. Pivot ½ Turn R

[9-16] Shuffle fwd, ½ Turn L , Cross Side, Cross Shuffle

1 & 2 Step L fwd. Step R next to L , Step L fwd
3 – 4 ¼ Turn L step back on R, ¼ Turn L step L to the L side
5 – 6 Step R across L, Step L to L side
7 & 8 Step R across L. Step L to L side. Step R across L

[17-24] Side Rock Recover, Behind Side Cross, Side Rock Recover , Coaster Step

1 – 2 Rock L to L side. Recover on R
3 & 4 Step L behind R. Step R to L side , Step L across R
5 – 6 Rock R to R side. Recover on L
7 & 8 Step R back, Step L next to R. Step R fwd

[25-32] Step fwd ,Pivot ½ R, Shuffle fwd, Heel Ball Step 1/8 Right x2

1 – 2 Step L fwd, Pivot ½ Turn R
3 & 4 Step L fwd., Step R next to L, Step
5 & 6 Touch R Heel fwd 1/8 to the R, Step R down. Step L fwd
7 & 8 Touch R Heel fwd 1/8 to the R, Step R down. Step L fwd

Section B: 32 counts.

[1 – 8] Samba Steps x2, 2 Walks fwd . Kick Ball Step ,

1 & 2 Step R across L, Rock L to L side, Recover on R
3 & 4 Step L across R, Rock R to R side, Recover on L
5 - 6 Walk fwd R L
7 & 8 Kick R fwd. Step R down. Step L fwd

[9 – 16] Side Together, Chasse , Rock Recover, ¼ L with Chasse

1 – 2 Step R to R side, Step L next to R
3 & 4 Step R to R side, Step L next to R, Step R to R side
5 – 6 Rock L fwd, Recover on R
7 & 8 ¼ Turn L step L to L side,. Step R next to L, Step L to L side

[17-24] Vaudevilles x2 (Travelling fwd) , 2 Walks fwd, Shuffle fwd

1&2& Step R across L, Step L back, Touch R Heel fwd, Step R down
3&4& Step L across R , Step R back, Touch L Heel fwd , Step L down
5 – 6 Walk fwd R L
7 & 8 Step R fwd, Step L next to R, Step R fwd

[25-32] Rocking Chair, Rock Recover, ¼ L with Chasse

1 – 4 Rock L fwd,. Recover on R, Rock L back, Recover on R

5 – 6 Rock L fwd, Recover on R
7 & 8 ¼ Turn L step L to L side, Step R next to L , Step L to L side

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