

# Balada

拍数: 64      墙数: 4      级数: Phrased Intermediate - Samba  
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音乐: Balada (Ao Vivo) - Gustavo Lima



## Sequence - AB AAB AAB AAB A(count 1-16)

### A (32 counts)

#### A1: Cross, rock step x2 (samba, bota fogo), rock step, 1/2 turn R, step fwd

1&2      Cross right foot over left, rock left foot to left side, recover weight onto right  
3&4      Cross left foot over right, rock right foot to right side, recover weight onto left  
5, 6      Rock forward on right foot, recover weight onto left foot  
7, 8      Make a 1/2 turn right step forward on right foot, step forward on left foot

#### A2: Step fwd, back x2, side, rock step x2

1, 2      Step forward on right foot pushing right hip forward, step left foot back pushing left hip back  
3, 4      Step forward on right foot pushing right hip forward, step left foot back pushing left hip back  
5&6      Step right foot to right side, rock left foot behind right, recover weight onto right  
7&8      Step left foot to left side, rock right foot behind left, recover weight onto left

#### A3: Cross, side back, back, side, cross (1/4 turn R), side rock, together x2

1&2      Cross right over left, step left to left side, make an 1/8 turn right step right foot back (facing 7.30)  
3&4      Step back on left foot (on diagonal), make an 1/8 turn right step right foot to right side, cross left over right (facing 9.00)  
5&6      Rock right foot to right side, recover weight onto left, step right foot beside left  
7&8      Rock left foot to left side, recover weight onto right, step left foot beside right

#### A4: Side, hold, ball step, touch x2

1, 2      Step right foot to right side, hold on count 2  
&3      Step left foot beside right, step right foot to right side  
4      Touch left toe beside right  
5, 6      Step left foot to left side, hold on count 6  
&7      Step right foot beside left, step left foot to left side  
8      Touch right toe beside left

### B (32 counts)

#### B1: Rock and touch, toe switches, behind, side, cross shuffle (traveling volta)

1&2      Rock right foot forward, recover weight onto left, touch right toe to right side  
&3      Step right foot beside left, touch left toe to left side  
&4      Step left foot beside right, touch right toe to right side  
5&      Step right foot behind left, step left foot to left side  
6&      Cross right foot over left, step left foot to left side  
7&8      Cross right foot over left, step left foot to left side, cross right foot over left

#### B2: Out, out, hip bumps x2

1, 2      Step left foot to left side, step right foot to right side  
3&4      Bump hips to left, right, left, weight ends on left foot  
5, 6      Step right foot to right side, step left foot to left side  
7&8      Bump hips to right, left, right, weight ends on right foot

#### B3-4: Count 17-32 is a repeat of count 1-16, but reversed, starting with left

