

# Ballaonda Vida Mia

**COPPER** **KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Improver  
編舞者: mBah Wir (INA) - April 2016  
音樂: Vida Mia (feat. Orchestra Vincenzi) - Silvia Cecconi "BallaOnda" : (amazon)



## Intro 32 count - No Tag, No Restart

### S1: BASIC BACHATA STEP RIGHT, LEFT ROLLING VINE

1-4            Step R to side, Step L next to R, Step R to side, Touch L in place & hip bumps  
5-8            Make ¼ L Step L forward, Make ½ L step R back, Make ¼ L step L to side, Touch R in place & hip bumps

### S2: (SIDE STEP, TOUCH&HIP BUMPS) X2, ¼ RIGHT JAZZ BOX

1-2            □ Step R to side, Touch L toe outside L & hip bumps  
3-4            Step L to side, Touch R toe outside R & hip bumps  
5-8            Cross R over L, Make ¼ R step back on L, step R to side, Touch L outside L & hip bumps

### S3: (SIDE STEP, TOUCH&HIP BUMPS) X2, ¼ LEFT JAZZ BOX

1-2            Step L to side, Touch R outside R & hip bumps  
3-4            Step R to side, Touch L outside L & hip bumps  
5-8            Cross L over R, Make ¼ turn L step R back, Step L to side, Touch R in place & hip bumps

### S4: (SIDE ROCK, RECOVER, CROSS BEHIND, SIDE, CROSS OVER) X2

1-2            Rock R to side, Recover on L  
3&4            Cross R behind L, Step L to side, Cross R over L  
5-6            Rock L to side, Recover on R  
7&8            Cross L behind R, Step R to side, Cross L over R

### S5: SIDE STEP, TOGETHER, BACKWARD, TOUCH&HIP BUMPS, FORWARD FULL TURN, TOUCH&HIP BUMPS

1-4            Step R to side, Step L next to R, Step R back, Step L toe in place & hip bumps  
5-8            Step L forward, Make ½ L step R back, Make ½ L step L forward, Touch R toe behind L & hip bumps

### S6: FISH TAILS, ¼ RIGHT JAZZ BOX

1-4            Step R back diagonal R, Touch L toe beside R & hip bumps, Step L back diagonal L, Touch R toe beside L & hip bumps  
5-8            Cross R over L, Make ¼ R step back on L, Step R to side, Touch L toe beside R

### S7: SIDE STEP, TOUCH, DROP HEEL, TOUCH, DROP HEEL, TOGETHER, FORWARD SHUFFLE

1-4            Step L to side, Touch R toe outside R, Drop R heel, Touch L toe outside L  
5-6            Drop L heel, Step R next to L  
7&8            Step L forward, Step R next to L, Step L forward

### S8: (MONTEREY ¼ TURN RIGHT) X2

1-2            Touch R toe outside R, Step on ball of L make ¼ turn R and step R next to L  
3-4            Touch L toe outside L, Step L next to R  
5-6            Touch R toe outside R, Step on ball of L make ¼ turn R and step R next to L  
7-8            Touch L toe outside L, Step L next to R

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