

Balada Boa

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Yo Herry P (INA) - August 2024
音樂: 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