

# Nossa Balada

拍數: 128      牆數: 2      級數: Phrased Intermediate  
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音樂: Balada (Ao Vivo) - Gustavo Lima



Sequence: A, B, C, A, B, C, D, B, C, A, B, C, D'

## Part A: 32 counts

### A1: CROSS, SIDE, SAILORSTEP, DIAG. ROCKSTEP, TRIPPLE TURN

1            RF cross over LF  
2            LF step left  
3            RF cross behind LF  
&            LF step left  
4            RF step right (slightly fwd)  
5            LF diagonally R fwd  
6            RF recover  
7            ½ turn left, LF step fwd  
&            RF close next to LF  
8            ½ turn left, LF step fwd

### A2: SIDE ROCK, CROSS SHUFFLE, TURN, STEPLOCKSTEP BWD

1            RF step right  
2            LF recover  
3            RF cross over LF  
&            LF step left  
4            RF cross over LF  
5            ¼ turn right, LF step back  
6            ¼ turn right, RF step fwd  
7            ½ turn right, LF step bwd,  
&            RF lock in front of LF  
8            LF step bwd

### A3: ROCKSTEP, KICK, OUT-OUT, HIP SWAYS, TURN, COASTERSTEP

1            RF step bwd  
2            LF recover  
3            RF kick fwd  
&            RF step right  
4            LF step left, push hip left  
5            Push hip right  
6            Push hip left  
7            ¼ turn right, RF step back  
&            LF close next to RF  
8            RF step fwd

### A4: TURN, MAMBO STEP, ROCKSTEP, HIP TURN

1            ½ turn right, LF step back  
2            ½ turn right, RF step fwd  
3            LF step fwd  
&            RF recover  
4            LF close next to RF  
5            RF step back  
6            LF recover

- 7 RF step diagonally R fwd, start hip roll  
8 ¼ turn left, end hip roll (weight on LF)

**Part B: 32 counts**

**B1: CROSS SAMBA'S, ROCK & TURN, PRISSY WALKS**

- 1 RF cross over LF  
& LF step left  
2 RF step diagonally R fwd  
3 LF cross over RF  
& RF step right  
4 LF step diagonally L fwd  
5 RF step fwd  
& LF recover  
6 ½ turn right, RF step fwd  
7 LF step fwd (crossed over RF)  
8 RF step fwd (crossed over LF)

**B2: SIDE, TOUCH x2, WALK AROUND**

- 1 LF step left  
2 RT touch diagonally R fwd  
3 RF step right  
4 LT touch diagonally L fwd  
5 ¼ turn left, LF step fwd  
6 ¼ turn left, RF step fwd  
7 ¼ turn left, LF step fwd  
8 ¼ turn left, RF step fwd

(Counts 5,6,7,8: walk around in a ½ circle, making a full turn left)

**B3: CROSS SAMBA'S, ROCK & TURN, PRISSY WALKS**

- 1 LF cross over RF  
& RF step right  
2 LF step diagonally L fwd  
3 LR cross over LF  
& LF step left  
4 RF step diagonally R fwd  
5 LF step fwd  
& RF recover  
6 ½ turn left, LF step fwd  
7 RF step fwd (crossed over LF)  
8 LF step fwd (crossed over RF)

**B4: SIDE, TOUCH x2, OUT-OUT-IN-IN**

- 1 RF step right  
2 LT touch diagonally L fwd  
3 LF step left  
4 RT touch diagonally R fwd  
5 RF step diagonally R fwd  
6 LF step diagonally L fwd  
7 RF step back to center  
8 LF close next to RF

**Part C: 32 counts**

**C1: SIDE MAMBO'S, PADDLE FULL TURN L**

- 1 RF step right  
& LF recover

- 2 RF close next to LF
- 3 LF step left
- & RF recover
- 4 LF close next to RF
- 5 ¼ turn left, RF touch to side
- 6 ¼ turn left, RF touch to side
- 7 ¼ turn left, RF touch to side
- 8 ¼ turn left, RF touch next to LF

**C2: PUSHES TRAVELLING BWD, WALKS, STEP, TURN**

- & RF step back
- 1 LF push hip fwd
- & LF step back
- 2 RF push hip fwd
- & RF step back
- 3 LF push hip fwd
- & LF step back
- 4 RF close next to LF (weight on LF)
- 5 RF step fwd
- 6 LF step fwd
- 7 RF step fwd
- 8 ½ turn left, weight on LF

**C3: CHASSE, TURN, SIDE-TOGETHER-BACK x2**

- 1 RF step right
- & LF close next to RF
- 2 ¼ turn right, RF step fwd
- 3 LF step left
- & RF close next to LF
- 4 LF step back
- 5 RF step right
- & LF close next to RF
- 6 ¼ turn right, RF step fwd
- 7 LF step left
- & RF close next to LF
- 8 LF step back

**C4: BACK, TOE TOUCHES, TURN, CHASSEE**

- 1 RF step back
- 2 LF touch to side
- & LF close next to RF
- 3 RF touch to side
- & RF close next to LF
- 4 LF touch next to RF
- 5 ¼ turn left, LF step fwd
- 6 ½ turn left, RF step back
- 7 ¼ turn left, LF step left
- & RF close next to LF
- 8 LF step left

**Part D: 32 counts**

**D1: CROSS &SIDE x2, SHUFFLE, STEP, TURN**

- 1 RF cross over LF
- & LF recover

- 2 RF step right
- 3 LF cross over RF
- & RF recover
- 4 LF step left
- 5 RF step fwd
- & LF close next to RF
- 6 RF step fwd
- 7 LF step fwd
- 8  $\frac{1}{2}$  turn right, weight on RF

#### **D2: WEAVE, TOUCH, WEAVE, TOUCH**

- 1 LF cross over RF
- 2 RF step right
- 3 LF cross behind RF
- 4 RF touch to side
- 5 RF cross over LF
- 6 LF step left
- 7 RF cross behind LF
- 8 LF touch to side

#### **D3: CROSS &SIDE x2, SHUFFLE, STEP, TURN**

- 1 LF cross over RF
- & RF recover
- 2 LF step left
- 3 RF cross over LF
- & LF recover
- 4 RF step right
- 5 LF step fwd
- & RF close next to LF
- 6 LF step fwd
- 7 RF step fwd
- 8  $\frac{1}{2}$  turn left, weight on LF

#### **D4: WEAVE, TOUCH, WEAVE, TOUCH**

- 1 RF cross over LF
- 2 LF step left
- 3 RF cross behind LF
- 4 LF touch to side
- 5 LF cross over RF
- 6 RF step right
- 7 LF cross behind RF
- 8 RF touch to side

**Have fun!!**

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