

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 ½ 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 ½ 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!!
