

Balada

拍數: 64 牆數: 4 級數: Phrased Intermediate - Samba
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音樂: 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

