# Bala - Bala



Count: 32 Wand: 4 Ebene: Beginner

Choreograf/in: Theresia Ita (INA), Susiwi (INA), Suciati C.C.Q (INA), Ninit Lakshmi (INA) &

Febru Mahardiko (INA) - January 2025

Musik: Bala-Bala - Deredia



# Intro: 16 counts

# I. FLICK SIDE, JAZZ BOX

1-2 Bend RF to R, step RF beside LF.3-4 Bend LF to L, step LF beside RF.

5-8 Cross RF over LF, step LF back, step RF to R, step LF forward.

# II. STEP SIDE

1-2 Step RF to R while move shoulder up and down.
3-4 Step LF beside RF while move shoulder up and down.
5-6 Repeat 1-2.

7-8 Repeat 3-4.

# III. TURN 1/4, TOE STRUD, KICK, BACK, TURN 3/4

1-2 Turn ½ to R touch R toe, step R heel down.

3-4 Touch L toe, step L heel down.5-6 Kick RF forward, step RF back.

7-8 Turn 1/8 to L step LF side, turn 1/4 to L step RF forward.

# IV. TWIST, SIDE, DRAG

1-4 Swivel heel and toe to L

5-8 Big step RF to R (5), drag LF to RF (move slowly 6-8).

#### TAG after wall 3

1-2 Kick RF to R, step close together beside LF (while shoulder up and down)
 3-4 Kick LF to L, step close together beside RF (while shoulder up and down)

# **HAPPY DANCING!!!** <sup>©</sup>