

Balada

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Fayza As-Syifa (INA) - July 2025

Musik: Balada (Ao Vivo) - Gustavo Lima



No tag & No restart

S1. MAMBO STEP

- 1&2 Step RF forward, step LF in place, step RF beside LF
- 3&4 Step LF back, step RF in place, step LF beside RF
- 5&6 Step RF to side, step LF in place, step RF beside LF
- 7&8 Step LF to side, step RF in place, step LF beside RF

S2. JAZZ BOX 1/4 TURN - BOTAVOGO

- 1-4 Step RF cross over LF, 1/4 turn to right(03.00), step LF back, step RF to side, step LF forward
- 5a6 Step RF cross over LF, step LF to side, step RF in place
- 7a8 Step LF cross over RF, step RF to side, step LF in place

S3. VOLTA 3/4 TURN - SIDE ROCK - RECOVER - CROSS SHUFFLE

- 1a2a3a4 Step RF cross over LF starting 3/4 turn to right, step LF slightly to side, repeat 3 more times to complete 3/4 turn from 03.00 to 12.00
- 5-6 Step LF to side, recover to RF
- 7&8 Step LF cross over RF, step RF back, step LF cross over RF

S4. SIDE ROCK - FORWARD WITH FLICK - FULL TURN L - 1/4 TURN TO LEFT WITH HIP ROLL

- 1-2 Step RF to side, 1/4 turn to left(09.00), step LF forward with RF flick
- 3-4 1/2 turn to left(03.00), step RF back, 1/2 turn to left(09.00), step LF forward
- 5-8 Step RF forward, pivot 1/4 turn to left rolling hip from left to right(06.00), step RF forward, pivot 1/4 turn to left rolling hip from left to right(03.00)

Enjoy^^

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