

Balada

Compte: 80

Mur: 0

Niveau: Phrased Intermediate

Chorégraphe: Mei Lestari (INA) - June 2020

Musique: Balada (Ao Vivo) - Gustavo Lima : (Album: Tche Tche Rere)



Intro: 16 counts

A (16 counts)

A1. FORWARD, SWEEP, CROSS, SIDE, BEHIND, SWEEP, BEHIND, ¼ TURN L, ¼ TURN L, SIDE, BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE

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|------|---|
| 1,2& | Step Rf forward slightly crossed in front Lf, sweep Lf to front, cross Lf over Rf, step Rf to R |
| 3,4& | Cross Lf behind Rf sweep Rf to back, cross Rf behind Lf, ¼ turn L step Lf forward |
| 5,6& | ¼ turn L step Rf to R, cross Lf behind Rf, step Rf to R |
| 7,8& | Rock Lf over Rf, recover on Rf, step Lf to L |

SECTION A2 REPEAT SECTION A1

B (64 counts)

B1. CROSS SHUFFLE, ¼ TURN R BACK SHUFFLE, ¼ TURN R CHASSE, SHUFFLE FORWARD

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|-----|--|
| 1&2 | Cross Rf over Lf, step Lf to L, cross Rf over Lf |
| 3&4 | ¼ turn R step Lf back, close Rf next to Lf, step Lf back |
| 5&6 | ¼ turn R step Rf to R, close Lf next to Rf, step Rf to R |
| 7&8 | Step Lf forward, close Rf next to Lf, step Lf forward |

B2. OUT-OUT, IN-IN, PIVOT ½ TURN L 2X

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|-----|--|
| 1,2 | Step Rf to R diagonal forward, step Lf to L diagonal forward |
| 3,4 | Step Rf back to center, step Lf back to center |
| 5,6 | Step Rf forward, ½ turn L step on Lf |
| 7,8 | Step Rf forward, ½ turn L step on Lf |

SECTIONS B3 & B4 REPEAT SECTIONS B1 & B2

B5. BOTAFOGO 2X, ANCHOR STEP 2X

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|-----|--|
| 1&2 | Cross Rf over Lf, rock ball Lf to L, recover on Rf |
| 3&4 | Cross Lf over Rf, rock ball Rf to R, recover on Lf |
| 5&6 | Rock Rf behind Lf, recover on Lf, cross Rf behind Lf |
| 7&8 | Rock Lf behind Rf, recover on Rf, cross Lf behind Rf |

B6. WALK AROUND & SHUFFLE (FULL TURN), KICK, POINT SIDE 2X, CHEST PRESS

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|------|--|
| 1,2 | ¼ turn R step Rf forward, ¼ turn R step Lf forward |
| 3&4 | Making ½ turn R shuffle on Rf-Lf-Rf |
| 5&6& | Kick Lf forward, step Lf beside Rf, touch Rf to R, step Rf beside Lf |
| 7&8 | Touch Lf to L, chest press twice |

DO SECTIONS B7 & B8 OPPOSITE OF SECTIONS B5 & B6

Have Fun....

Last Update - 25 July 2020