

# Nossa Balada

**Compte:** 128

**Mur:** 2

**Niveau:** Phrased Intermediate

**Chorégraphe:** Jef Camps (BEL) & Lisa Carlier (BEL) - April 2012

**Musique:** 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!!**

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