

Balada

拍数: 80 墙数: 0 级数: Phrased Intermediate
编舞者: Mei Lestari (INA) - June 2020
音乐: 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

- 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

- 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

- 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

- 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

- 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