

# 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