

# Balada

Count: 64

Wall: 4

Level: Phrased Intermediate

Choreographer: Francien Sittrop (NL) - April 2012

Music: Balada Boa – Gustavo Lima (iTunes)

**Intro: Start after 16 counts from the beginning - Sequence: AA B AA BBBB A BB B(16)**

## Section A: 32 counts.

### [1 – 8] Rocking Chair , Shuffle fwd. Step fwd Pivot ½ R

1 – 2            Rock R fwd. Recover on L  
3 – 4            Rock R back, Recover on L  
5 & 6            Step R fwd , Step L next to R, Step R fwd  
7 – 8            Step L fwd. Pivot ½ Turn R

### [9-16] Shuffle fwd, ½ Turn L , Cross Side, Cross Shuffle

1 & 2            Step L fwd. Step R next to L , Step L fwd  
3 – 4            ¼ Turn L step back on R, ¼ Turn L step L to the L side  
5 – 6            Step R across L, Step L to L side  
7 & 8            Step R across L. Step L to L side. Step R across L

### [17-24] Side Rock Recover, Behind Side Cross, Side Rock Recover , Coaster Step

1 – 2            Rock L to L side. Recover on R  
3 & 4            Step L behind R. Step R to L side , Step L across R  
5 – 6            Rock R to R side. Recover on L  
7 & 8            Step R back, Step L next to R. Step R fwd

### [25-32] Step fwd ,Pivot ½ R, Shuffle fwd, Heel Ball Step 1/8 Right x2

1 – 2            Step L fwd, Pivot ½ Turn R  
3 & 4            Step L fwd., Step R next to L, Step  
5 & 6            Touch R Heel fwd 1/8 to the R, Step R down. Step L fwd  
7 & 8            Touch R Heel fwd 1/8 to the R, Step R down. Step L fwd

## Section B: 32 counts.

### [1 – 8] Samba Steps x2, 2 Walks fwd . Kick Ball Step ,

1 & 2            Step R across L, Rock L to L side, Recover on R  
3 & 4            Step L across R, Rock R to R side, Recover on L  
5 - 6            Walk fwd R L  
7 & 8            Kick R fwd. Step R down. Step L fwd

### [9 – 16] Side Together, Chasse , Rock Recover, ¼ L with Chasse

1 – 2            Step R to R side, Step L next to R  
3 & 4            Step R to R side, Step L next to R, Step R to R side  
5 – 6            Rock L fwd, Recover on R  
7 & 8            ¼ Turn L step L to L side,. Step R next to L, Step L to L side

### [17-24] Vaudevilles x2 (Travelling fwd) , 2 Walks fwd, Shuffle fwd

1&2&            Step R across L, Step L back, Touch R Heel fwd, Step R down  
3&4&            Step L across R , Step R back, Touch L Heel fwd , Step L down  
5 – 6            Walk fwd R L  
7 & 8            Step R fwd, Step L next to R, Step R fwd

### [25-32] Rocking Chair, Rock Recover, ¼ L with Chasse

1 – 4            Rock L fwd,. Recover on R, Rock L back, Recover on R  
5 – 6            Rock L fwd, Recover on R  
7 & 8            ¼ Turn L step L to L side, Step R next to L , Step L to L side

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