

# Nossa Balada

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**Count:** 128

**Wall:** 2

**Level:** Phrased Intermediate

**Choreographer:** Jef Camps & Lisa Carlier

**Music:** "Balada Boa" by 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**

**1RF cross over LF**

**2LF step left**

**3RF cross behind LF**

**&LF step left**

**4RF step right (slightly fwd)**

**5LF diagonally R fwd**

**6RF recover**

**7½ turn left, LF step fwd**

**&RF close next to LF**

**8½ turn left, LF step fwd**

**A2: SIDE ROCK, CROSS SHUFFLE, TURN, STEPLOCKSTEP BWD**

**1RF step right**

**2LF recover**

**3RF cross over LF**

**&LF step left**

**4RF cross over LF**

**5¼ turn right, LF step back**

**6¼ turn right, RF step fwd**

**7½ turn right, LF step bwd,**

**&RF lock in front of LF**

**8LF step bwd**

### **A3: ROCKSTEP, KICK, OUT-OUT, HIP SWAYS, TURN, COASTERSTEP**

**1RF step bwd**

**2LF recover**

**3RF kick fwd**

**&RF step right**

**4LF step left, push hip left**

**5 Push hip right**

**6 Push hip left**

**7¼ turn right, RF step back**

**&LF close next to RF**

**8RF step fwd**

### **A4: TURN, MAMBO STEP, ROCKSTEP, HIP TURN**

**1½ turn right, LF step back**

**2½ turn right, RF step fwd**

**3LF step fwd**

**&RF recover**

**4LF close next to RF**

**5RF step back**

**6LF recover**

**7RF step diagonally R fwd, start hip roll**

**8 $\frac{1}{4}$  turn left, end hip roll (weight on LF)**

**Part B: 32 counts**

**B1: CROSS SAMBA'S, ROCK & TURN, PRISSY WALKS**

**1RF cross over LF**

**&LF step left**

**2RF step diagonally R fwd**

**3LF cross over RF**

**&RF step right**

**4LF step diagonally L fwd**

**5RF step fwd**

**&LF recover**

**6 $\frac{1}{2}$  turn right, RF step fwd**

**7LF step fwd (crossed over RF)**

**8RF step fwd (crossed over LF)**

**B2: SIDE, TOUCH x2, WALK AROUND**

**1LF step left**

**2RT touch diagonally R fwd**

**3RF step right**

**4LT touch diagonally L fwd**

**5 $\frac{1}{4}$  turn left, LF step fwd**

**6¼ turn left, RF step fwd**

**7¼ turn left, LF step fwd**

**8¼ 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**

**1LF cross over RF**

**&RF step right**

**2LF step diagonally L fwd**

**3LR cross over LF**

**&LF step left**

**4RF step diagonally R fwd**

**5LF step fwd**

**&RF recover**

**6½ turn left, LF step fwd**

**7RF step fwd (crossed over LF)**

**8LF step fwd (crossed over RF)**

**B4: SIDE, TOUCH x2, OUT-OUT-IN-IN**

**1RF step right**

**2LT touch diagonally L fwd**

**3LF step left**

**4RT touch diagonally R fwd**

**5RF step diagonally R fwd**

**6LF step diagonally L fwd**

**7RF step back to center**

**8LF close next to RF**

**Part C: 32 counts**

**C1: SIDE MAMBO'S, PADDLE FULL TURN L**

**1RF step right**

**&LF recover**

**2RF close next to LF**

**3LF step left**

**&RF recover**

**4LF close next to RF**

**5 $\frac{1}{4}$  turn left, RF touch to side**

**6 $\frac{1}{4}$  turn left, RF touch to side**

**7 $\frac{1}{4}$  turn left, RF touch to side**

**8 $\frac{1}{4}$  turn left, RF touch next to LF**

**C2: PUSHES TRAVELLING BWD, WALKS, STEP, TURN**

**&RF step back**

**1LF push hip fwd**

**&LF step back**

**2RF push hip fwd**

**&RF step back**

**3LF push hip fwd**

**&LF step back**

**4RF close next to LF (weight on LF)**

**5RF step fwd**

**6LF step fwd**

**7RF step fwd**

**8½ turn left, weight on LF**

### **C3: CHASSE, TURN, SIDE-TOGETHER-BACK x2**

**1RF step right**

**&LF close next to RF**

**2¼ turn right, RF step fwd**

**3LF step left**

**&RF close next to LF**

**4LF step back**

**5RF step right**

**&LF close next to RF**

**6¼ turn right, RF step fwd**

**7LF step left**

**&RF close next to LF**

**8LF step back**

### **C4: BACK, TOE TOUCHES, TURN, CHASSEE**

**1RF step back**

**2LF touch to side**

**&LF close next to RF**

**3RF touch to side**

**&RF close next to LF**

**4LF touch next to RF**

**5 $\frac{1}{4}$  turn left, LF step fwd**

**6 $\frac{1}{2}$  turn left, RF step back**

**7 $\frac{1}{4}$  turn left, LF step left**

**&RF close next to LF**

**8LF step left**

**Part D: 32 counts**

**D1: CROSS &SIDE x2, SHUFFLE, STEP, TURN**

**1RF cross over LF**

**&LF recover**

**2RF step right**

**3LF cross over RF**

**&RF recover**

**4LF step left**

**5RF step fwd**

**&LF close next to RF**

**6RF step fwd**

**7LF step fwd**

**8 $\frac{1}{2}$  turn right, weight on RF**

## **D2: WEAVE, TOUCH, WEAVE, TOUCH**

**1LF cross over RF**

**2RF step right**

**3LF cross behind RF**

**4RF touch to side**

**5RF cross over LF**

**6LF step left**

**7RF cross behind LF**

**8LF touch to side**

## **D3: CROSS &SIDE x2, SHUFFLE, STEP, TURN**

**1LF cross over RF**

**&RF recover**

**2LF step left**

**3RF cross over LF**

**&LF recover**

**4RF step right**

**5LF step fwd**

**&RF close next to LF**

**6LF step fwd**

**7RF step fwd**

**8½ turn left, weight on LF**

## **D4: WEAVE, TOUCH, WEAVE, TOUCH**

**1RF cross over LF**

**2LF step left**

**3RF cross behind LF**

**4LF touch to side**

**5LF cross over RF**

**6RF step right**

**7LF cross behind RF**

**8RF touch to side**

**Have fun!!**