

# Ballaonda Vida Mia

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**Count:** 64      **Wall:** 4      **Level:** Improver

**Choreographer:** mBah Wir Jogsd48, April 2016

**Music:** Vida Mia by Silvia Cecconi "BallaOnda" feat. Orchestra Vincenzi (www.amazon.com)

## Intro 32 count - No Tag, No Restart

### S1: BASIC BACHATA STEP RIGHT, LEFT ROLLING VINE

- 1-4** Step R to side, Step L next to R, Step R to side, Touch L in place & hip bumps
- 5-8** Make  $\frac{1}{4}$  L Step L forward, Make  $\frac{1}{2}$  L step R back, Make  $\frac{1}{4}$  L step L to side, Touch R in place & hip bumps

### S2: (SIDE STEP, TOUCH&HIP BUMPS) X2, $\frac{1}{4}$ RIGHT JAZZ BOX

- 1-2`** Step R to side, Touch L toe outside L & hip bumps
- 3-4** Step L to side, Touch R toe outside R & hip bumps
- 5-8** Cross R over L, Make  $\frac{1}{4}$  R step back on L, step R to side, Touch L outside L & hip bumps

### S3: (SIDE STEP, TOUCH&HIP BUMPS) X2, $\frac{1}{4}$ LEFT JAZZ BOX

- 1-2** Step L to side, Touch R outside R & hip bumps
- 3-4** Step R to side, Touch L outside L & hip bumps
- 5-8** Cross L over R, Make  $\frac{1}{4}$  turn L step R back, Step L to side, Touch R in place & hip bumps

### S4: (SIDE ROCK, RECOVER, CROSS BEHIND, SIDE, CROSS OVER) X2

- 1-2** Rock R to side, Recover on L
- 3&4** Cross R behind L, Step L to side, Cross R over L
- 5-6** Rock L to side, Recover on R
- 7&8** Cross L behind R, Step R to side, Cross L over R

### S5: SIDE STEP, TOGETHER, BACKWARD, TOUCH&HIP BUMPS, FORWARD FULL TURN, TOUCH&HIP BUMPS

- 1-4** Step R to side, Step L next to R, Step R back, Step L toe in place & hip bumps
- 5-8** Step L forward, Make  $\frac{1}{2}$  L step R back, Make  $\frac{1}{2}$  L step L forward, Touch R toe behind L & hip bumps

### **S6: FISH TAILS, ¼ RIGHT JAZZ BOX**

- 1-4** Step R back diagonal R, Touch L toe beside R & hip bumps, Step L back diagonal L, Touch R toe beside L & hip bumps
- 5-8** Cross R over L, Make ¼ R step back on L, Step R to side, Touch L toe beside R

### **S7: SIDE STEP, TOUCH, DROP HEEL, TOUCH, DROP HEEL, TOGETHER, FORWARD SHUFFLE**

- 1-4** Step L to side, Touch R toe outside R, Drop R heel, Touch L toe outside L
- 5-6** Drop L heel, Step R next to L
- 7&8** Step L forward, Step R next to L, Step L forward

### **S8: (MONTEREY ¼ TURN RIGHT) X2**

- 1-2** Touch R toe outside R, Step on ball of L make ¼ turn R and step R next to L
- 3-4** Touch L toe outside L, Step L next to R
- 5-6** Touch R toe outside R, Step on ball of L make ¼ turn R and step R next to L
- 7-8** Touch L toe outside L, Step L next to R

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**Last Update - 27th April 2016**