

# Balada

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**Count:** 64      **Wall:** 4      **Level:** Phrased Intermediate

**Choreographer:** Francien Sittrop (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 - 4¼ 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 & 8¼ 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 & 8¼ Turn L step L to L side, Step R next to L , Step L to L side**

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