

# Balada Boa

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**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner

**Choreographer:** Jo Kinser (UK) & Rachel Clarke (UK) - July 2025

**Start 32cts into the track 0:16 secs**

**(Tracks available on Spotify, iTunes & Amazon)**

**Sec.1 3x Walks Fwd, Hop/Hitch, 3x Walks Back, Touch Back**

**1-2 RF step forward, LF step forward**

**3-4 RF step forward, LF Hitch up pushing off the RF like a small hop**

**5-6 LF step back, RF step back**

**7-8 LF step back, RF touch back**

**Arms: 1-4 Bring both arms fwd palms up, 5-8 Bring both arms down palms down**

**Sec.2 3x Walks Fwd, Hop/Hitch, 3x Walks Back, Touch Back**

**1-2 RF step forward, LF step forward**

**3-4 RF step forward, LF Hitch up pushing off the RF like a small hop**

**5-6 LF step back, RF step back**

**7-8 LF step back, RF touch back**

**Arms: 1-4 Bring both arms fwd palms up, 5-8 Bring both arms down palms down**

**Sec.3 V Step, Merengue March**

**1-2 RF step forward to R diagonal, LF step forward to L diagonal**

**3-4 RF step back to centre, LF step next to R**

**5-8 March in place RLRL**

**Optional style "merengue step" as you step onto your RF, bend the R knee inward while keeping the L leg straight, and then repeat the same motion on the LRL.**

**Sec.4 Paddle  $\frac{3}{4}$  Turn L Rolling Hips**

**1-2 RF step/touch forward, Paddle turn L step on LF**

**3-4 RF step/touch forward, Paddle turn L step on LF**

**5-6 RF step/touch forward, Paddle turn L step on LF**

**7-8 RF step/touch forward, Paddle turn L step on LF Completing  $\frac{3}{4}$  over L shoulder  
(3:00)**

**End: (9:00) Dance S1. and on count 8 of S2. cross RF over L making  $\frac{1}{4}$  turn R (12:00)**