

Balada - Gustavo Lima

TC	Song Part	Choreography	Reps
0:00	Intro	Lean side to side with flowy arms	
0:17	A	Chop arms in front with small step	
0:32	B	Salsa 4x – 2 steps front- circle around	2x
0:47	C	Wave hands in front, walk forward, 2 hands out then on knees – walk backwards 4 steps	2x
1:02	D	Single single double	8x
1:17	B	Salsa 4x – 2 steps front- circle around	2x
1:32	C	Wave hands in front, walk forward, 2 hands out then on knees – walk backwards 4 steps	2x
1:47	E	Abs	
2:02	B	Salsa 4x – 2 steps front- circle around	2x
2:17	C	Wave hands in front, walk forward, 2 hands out then on knees – walk backwards 4 steps	2x
2:32	D	Single single double	
2:47	B	Salsa 4x – 2 steps front- circle around	2x
3:02	C	Wave hands in front, walk forward, 2 hands out then on knees – walk backwards 4 steps	1x
3:10	E	Abs	
3:25	F	Wave arms in front – low squat	