

# No Lo Trates

**Count:** 32

**Wall:** 4

**Level:** Easy Intermediate

**Choreographer:** Esmeralda van de Pol (NL) - November 2019

**Music:** No Lo Trates - Pitbull, Daddy Yankee & Natti Natasha



**Intro : 32 counts**

## **DIAGONAL ROCKING CHAIR, CROSS, 1/8 TURN R, 1/8 TURN R, REVERSE ROCKING CHAIR, BEHIND SIDE CROSS 1/8 R**

- 1&2& Rock RF diagonal fwd, Recover weight on LF, Rock RF diagonal back, Recover weight on LF 10.30  
3&4 Cross RF in front of LF, 1/8 turn R step LF to L side, 1/8 turn R step RF back 01.30  
5&6& Rock LF back, Recover weight on RF, Rock LF fwd, Recover weight on RF 01.30  
7&8 Step LF back, 1/8 turn R step RF to R side, Cross LF in front of RF 03.00

## **SIDE ROCK CROSS, 1/4 TURN RX 2, CROSS, SIDE ROCK CROSS, CHASE L**

- 1&2 Rock RF to R side, Recover weight on LF, Cross RF in front of LF  
3&4 1/4 turn R-step LF back, 1/4 turn R-step RF to R side, Cross LF in front of RF 09.00  
5&6 Rock RF to R side, Recover weight on LF, Cross RF in front of LF  
7&8 Step LF to L side, Step RF next to LF, Step LF to L side \*\*\*\* restart point

## **SYNCOATED ROCKSTEPS, COASTER STEP, STEP-1/2 TURN R-STEP FWD, MAMBO STEP FWD**

- 1&2& Rock RF in front of LF, Recover weight on LF, Rock RF to R side, Recover weight on LF  
3&4 Step RF back, Step LF next to RF, Step RF fwd  
5&6 Step LF fwd, 1/2 turn R-weight on RF, Step LF fwd 03.00  
7&8 Rock RF fwd, Recover weight on LF, Step RF back

## **COASTER STEP, STEP 1/4 TURN L CROSS, 1/4 TURN R, CROSS, SIDE, SIDE TOUCH SIDE**

- 1&2 Step LF back, Step RF next to LF, Step RF fwd  
3&4 Step LF fwd, 1/4 turn L-step RF to R side, Cross LF in front of RF 06.00  
5&6 1/4 turn R-step LF back, Step RF to Side, Cross LF in front of RF 09.00  
7&8 Step RF to R side, Touch LF next to RF, Step LF to L side

**RESTARTS: Walls 2-5 & 8 after 16 counts**

**Dance With Esmeralda**

**Esmeralda v.d. Pol**

**[www.esmeralda-dancers.com](http://www.esmeralda-dancers.com)**

**[info@esmeralda-dancers.com](mailto:info@esmeralda-dancers.com)**