

# Nota de Amor

**COPPER** KNOB  
STEPPERS

拍数: 96      墙数: 4      级数: Phrased Intermediate  
编舞者: Wina Malinda (INA) - August 2019  
音乐: Nota de Amor (feat. Daddy Yankee) - Wisin & Carlos Vives



Sequence of dance: A-B-B(16)-C-C(16),-B-B(16)-C-C-C(16)-A-B-B(16)

Intro: 32 Count

## PART A (32 Count)

**AS1: SIDE, BEHIND CROSS, IN PLACE, SIDE, BACK ROCK, RECOVER, FORWARD, WALK, WALK, WALK, WALK, WALK**

1-2&3      Step R to side, Cross L behind R, Step R in place, Step L to side  
4&5      Rock R back, Recover on L, Step R forward  
6&7      Step L forward, Step R forward, Step L forward  
8&      Step R forward, Step L forward

**AS2: BACK, BEHIND CROSS, SIDE, CROSS OVER, BACK, SIDE, CROSS OVER, BACK SIDE, PIVOT ¼ RIGHT, CROSS OVER**

1-2&3      Step R back while sweeping L to back, Cross L behind R, Step R to side, Cross L over R  
4&5      Step R back, Step L to side, Cross R over L  
6&7      Step L back, Step R to side, Make ¼ turn R step L forward  
8&      Pivot ¼ turn R, Cross L over R

**S3: REPEAT S1**

**S4: REPEAT S2**

## PART B (32 Count)

**BS1: (RIGHT & LEFT MAMBO)X2**

1&2      Rock R to side, Recover on L, Step R next to L  
3&4      Rock L to side, Recover on R, Step L next to R  
5&6      Rock R to side, Recover on L, Step R next to L  
7&8      Rock L to side, Recover on R, Step L next to R

**BS2: CROSS BEHIND, IN PLACE, BOTAFOGOS,**

1&2      Cross R behind L, Step L in place, Step R to side  
3&4      Cross L behind R, Step R in place, Step L to side  
5&6      Cross R over L, Step L to side, Step R in place  
7&8      Cross L over R, Step R to side, Step L in place

**BS3: SYNCOPATED CROSS SHUFFLE (LEFT , RIGHT)**

1&2&      Cross R over L, Step L to side, Cross R over L, Step L to side  
3&4      Cross R over L, Step L to side, Cross R over L  
5&6&      Cross L over R, Step R to side, Cross L over R, Step R to side  
7&8      Cross L over R, Step R to side, Cross L over R

**BS4: PIVOT ¼ TURN LEFT, CROSS OVER, SIDE ROCK, RECOVER, FORWARD, PIVOT ¼ TURN LEFT, FULL TURN RIGHT**

1&2      Step R forward, Pivot ¼ turn L, Cross R over L  
3&4      Rock L to side, Recover on R, Step L forward  
5&6      Step R forward, Pivot ¼ turn L, Step R forward  
7&8      Make ½ turn R step L back, Make ½ turn R step R forward, Step L forward

## **PART C (32)**

### **CS1: FORWARD ROCK, RECOVER, SIDE ROCK, RECOVER, BACK ROCK, RECOVER, SIDE, FORWARD ROCK, RECOVER, SIDE ROCK, RECOVER, BACK ROCK, RECOVER, SIDE**

- 1&2& Rock R forward, Recover on L, Rock R to side, Recover On L
- 3&4 Rock R back, Recover on L, Step R to side
- 5&6 Rock L forward, Recover on R, Rock L to side, Recover on R
- 7&8 Rock L back Recover on R, Step L to side

### **CS2: CROSS OVER, SIDE, BACK, BACK**

- 1&2 Cross R over L, Step L to side, Step R back while lift L knee
- 3&4 Step L back, Make ¼ turn R step R to side, Step L forward
- 5&6 Rock R forward, Recover on L, Step R back
- 7&8 Rock L back Recover on R, Step L forward

### **CS3: PIVOT ¼ TURN LEFT, FORWARD, SWIVET**

- 1&2 Step R forward, Pivot ¼ turn L, Step R forward
- 3&4 Step L forward, Lock R behind L, Step L forward
- 5&6 Touch R forward &swivel both toes to R, L R
- &&8 Touch R back &swivel both toes to L R, L

### **CS4: BACK LEFT COASTER STEP, FORWARD ROCK, RECOVER, TURN ¼ RIGHT SIDE, FORWARD LOCK SHUFFLE, FORWARD, TOGETHER**

- 1&2 Step L back, Step R next to L, Step L forward
- 3&4 Rock R forward, Recover on L, Make ¼ turn R step R to side
- 5&6 Step L forward, Lock R behind L, Step L forward
- 7&8 Step R forward while bend the body forward, Step L next to R

**Begin Again.**

**For more information about this dance please contact me at: [ra.winamalinda5@gmail.com](mailto:ra.winamalinda5@gmail.com)**

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