

No Me Llores

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ruth Manikoe (INA) - June 2025
音乐: No Me Llores - Flores Del Sol



No Tag - 1 Restart

Start dance on vocal

Sec - I FWD MAMBO R, BACK MAMBO L- SIDE MAMBO (R-L)

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

Sec II SUFFLE R FWD, L SUFFLE FWD - SUFFLE R BACK, SUFFLE L BACK

- 1 & 2 Suffle fwd stepping R - L - R
- 3 & 4 Suffle fwd stepping L - R - L
- 5 & 6 Suffle Back wards stepping R - L - R
- 7 & 8 Suffle Back wards stepping L - R - L

Sec III CHASSE ¼ TURN R (R-L) -FWD MAMBO R ,BACK MAMBO L

- 1 & 2 Step R side , step L beside R. step R to R side
- 3 & 4 Step L side , step R beside L, step L to L
- 5 & 6 Step R fwd, recover on L, R back
- 7 & 8 Step L back, recover on R, L fwd

Sec IV CROSS SUFFLE (R – L) – SIDE MAMBO

- 1 & 2 Cross Rf over Lf ,step Lf to L cross Rf over Lf
- 3 & 4 Cross Lf over Rf , step Rf to R cross Lf over Rf
- 5 & 6 Step R to side, recover on L, R together
- 7 & 8 Step L to side, recover on R, L together

Restart on wall 5 (16 count)

Have Fun and Enjoy.....

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