No Llores

級數: Intermediate

編舞者: Ria Vos (NL) - October 2011

音樂: No Llores (Pit Bull Remix) - Gloria Estefan

牆數:4

Step Fwd, Mambo Step, Coaster ¼ Turn L, Step ½ Turn R, Shuffle ½ Turn R

- 1 Step Fwd on R
- 2&3 Rock Fwd on L, Recover on R, Step Back on L
- 4&5 Step Back on R, Step L Next to R with a Sharp ¼ Turn Left, Step Fwd on R (9:00)
- 6-7 Step Fwd on L, Pivot ¹/₂ Turn Right (3:00)
- 8&1 Shuffle ¹/₂ Turn Right Stepping L, R, L Sweeping R from Front to Back (9:00)

Behind-Side-Cross, Scissor Cross, ¼ L, ½ L, Step ¾ turn L, Point

- 2&3 Step R Behind L, Step L to Left Side, Cross R Over L
- 4&5 Step L to Left Side, Step R Next to L, Cross L Over R
- 6-7 ¹/₄ Turn Left Step Back on R, ¹/₂ Turn Left Step Fwd on L (12:00)
- 8&1 Step Fwd on R, Pivot ³⁄₄ Turn Left, Point R to Right Side (3:00)

1/4 R Step, 1/4 R Point, 1/4 L Step, Step Lock, Step, Step, Anchor Step

- 2-3 ¹/₄ Turn Right Step Fwd on R, ¹/₄ Turn Right Point L to Left Side (9:00)
- 4&5 1/4 Turn Left Step Fwd on L, Step Fwd on R, Lock L Behind R (bending knees) (6:00)
- 6-7 Step Fwd on R, Step Fwd on L
- 8&1 Step/Rock R Behind L Heel, Recover on L, Step Back on R (body angled R)

Back, Cross, Coaster Cross, Side Rock Sailor 3/4 R

- 2-3 Step Back on L, Cross R Over L (body angled L)
- 4&5 Step Back on L, Step R Next to L, Cross L Over R (straighten body up to 6:00)
- 6-7 Rock R to Right Side, Recover on L
- 8&[1] Step R Behind L Turning ³/₄ Turn Right, Step L Next to R, ([1]-Step Fwd on R) (3:00)





拍數: 32