

No Lo Trates

Count: 32

Wand: 4

Ebene: Easy Intermediate

Choreograf/in: Esmeralda van de Pol (NL) - November 2019

Musik: 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

SYNCOPATED 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

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