# No Es Una Novela

**Count: 88** 

Ebene: Improver - Bachata style

Choreograf/in: Maryloo (FR) - March 2012

Musik: No Es una Novela - Monchy & Alexandra

## [1-8] : WALKS FORWARD AND BACKWARD WITH TOE TOUCHES

- 1-4 Walk forward left, right, left, touch right to side with hip bump
- 5-8 Walk back right, left, right, touch left to side with hip bump

## [9-16] : WALKS FORWARD AND BACKWARD WITH TOE TOUCHES

- 1-4 Walk forward left, right, left, touch right to side with hip bump
- 5-8 Walk back right, left, right, touch left to side with hip bump

#### [17-24] : ROLLING VINE AND TOUCH ( L.R.)

- 1-4 <sup>1</sup>/<sub>4</sub> turn left stepping left forward, <sup>1</sup>/<sub>4</sub> turn left stepping right to side, 1/2 turn left stepping left to side, touch right to side with hip bump
- 5-8 <sup>1</sup>/<sub>4</sub> turn right stepping right forward, <sup>1</sup>/<sub>4</sub> turn right stepping left to side, 1/2 turn right stepping right to side, touch left to side with hip bump

#### [25-32]: ¼ TURN LEFT AND ¾ TURN RIGHT MONTEREY SPIN WITH TOES TOUCHES

1-4 ¼ turn left stepping left forward, step right together, step left together, touch right toe to side
5-8 ¾ turn right stepping right together, step left together, step right together, touch left toe to side with hip bump

#### [33-56] : Repeat the counts 1-24

#### [57-64]: MERENGUE STEPS (L.R.) (BACHATA BASICS)

- 1-4 Step left to side, step right together, step left to side, touch right to side with hip bump
- 5-8 Step right to side, step left together, step right to side, touch left to side with hip bump

#### [65-72]: CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, SWEEP

- 1-4 Cross left over right, step right to side, cross left behind right, sweep right toe out from front to back
- 5-8 Cross right behind left, step left to side, cross right over left, sweep left toe out from back to front

#### [73-80] : MODIFIED JAZZ BOX ¼ TURN LEFT, SWEEP, BEHIND, SIDE, CROSS, SWEEP

- 1-4 Cross left over right, ¼ turn left stepping right back, cross left behind right, sweep right toe out from front to back
- 5-8 Cross right behind left, step left to side, cross right over left, sweep left toe out from back to front

## [81-88] : STEP FORWARD, TOUCH, STEP BACK, TOUCH (2X) WITH SHIMMY

- 1-4 Step left forward, touch right behind left, step right back, touch left forward
- 5-8 Step left forward, touch right behind left, step right back, touch left forward

#### option : shimmy shoulders





Wand: 4

E E

Vand: 4