

No Me Ames

拍数: 64 墙数: 4 级数: Beginner - Salsa
编舞者: Deshimona (INA) - October 2014
音乐: No Me Ames by J Lo & Marc Anthony (Salsa)



Optional - Intro (32 counts) :

S 1 : Basic Rumba

1 2 3 4 Step back on R, recover on L, step R to R side, hold
5 6 7 8 Step L forward, recover on R, step L to L side, hold

S 2 : Basic Rumba, Under Arm Turn □

1 2 3 4 Step back on R, recover on L, step R to R side, hold
5 6 7 8 Step L diagonally R, turn ½ R step R forward, turn 3/8 R step L to L side, hold

S 3 : New York

1 2 3 4 Turn ¼ L step R forward, recover on L, turn ¼ R step R to R side, hold
5 6 7 8 Turn ¼ R step L forward, recover on R, turn ¼ L step L to L side, hold

S 4 : Sway

1 2 3 4 Step R to R side, recover on L, recover on R, hold
5 6 7 8 Step L to L side, recover on R, recover on L, hold

Main Dance (64 counts) :

S 1 : Back R Mambo & Forward L Mambo

1 2 3 4 Step back on R, recover on L, step R next to L, hold
5 6 7 8 Step L forward, recover on R, step L next to R, hold

S 2 : Side R Mambo, Side L Mambo

1 2 3 4 Step R to R side, recover on L, step R next to L, hold
5 6 7 8 Step L to L side, recover on R, step L next to R, hold

S 3 : Cumbia

1 2 3 4 Step R behind L, recover on L, step R to R side, hold
5 6 7 8 Step L behind R, recover on R, step to L side, hold

S 4 : Back R Mambo, Forward, Turn ½ R, Forward

1 2 3 4 Step back on R, recover on L, step R forward, hold
5 6 7 8 Step L forward, turn ½ R step R forward, step L forward, hold

S 5 : Forward, Turn ½ L, Forward, Forward L Mambo

1 2 3 4 Step R forward, turn ½ L step L forward, step R forward, hold
5 6 7 8 Step L forward, recover on R, step L next to R, hold

TAG & RESTART : On wall 5, after count 40 : Tag 4 counts : Side R Mambo, then start the dance ...

S 6 : Side R Mambo, Side L Mambo

1 2 3 4 Step R to R side, recover on L, step R next to L, hold
5 6 7 8 Step L to L side, recover on R, step L next to R, hold

S 7 : Suzy Q

1 2 3 4 Step R cross over L, step L slightly to L, step R cross over L, hold
5 6 7 8 Step L cross over R, step R slightly to R, step L cross over R, hold

S 8 : Cross, Recover, Side, Recover, Turn 1/8 L & Touch (2x)

1 2 3 4 Step R cross over L, recover on L, step R to R side, recover on L
5 6 7 8 Turn 1/8 L and touch R to R side, hold, turn 1/8 L and touch R to R side, hold

TAGS : -

#1.After wall 1, 4 counts : Side R Mambo

#2.After wall 2, 8 counts : Side R Mambo & Side L Mambo

#3.After wall 6, 4 counts : Side R Mambo

TAG & RESTART :

On wall 5, after count 40, TAG: 4 counts : Side R Mambo, then Restart the dance.

Enjoy the Salsa !

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