

Don't Say No

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Julia Wetzel (USA) - March 2015
音乐: No Me Digas Que No (feat. Adrienne Bailon) - Xtreme : (Album: Hacienda Historia, Platinum Edition)



Intro: 32 counts (approx. 17 seconds into track)

Note: This dance is written mostly in the Bachata style. A slight upward movement of hip on *Touches or Bachata Breaks is encouraged (denoted by *)

[1 – 8] □ Side, Together, Side, *Touch, $\frac{3}{4}$, Back, *Touch

- 1 - 4 Step R to right side (1), Step L next to R (2), Step R to right side (3), *Touch L next to R (4) □ 12:00
5 - 8 $\frac{1}{4}$ Turn left step L fw (5), $\frac{1}{2}$ Turn left step R back (6), Step L back (7), *Touch R fw (8) □ 3:00

[9 – 16] □ Step, Hold, Locking Steps, Step, $\frac{1}{4}$ Pivot, Cross, Bachata Scoop Break □

- 1-2, &3&4 Step R fw (1), Hold (2), Lock L behind R (&), Step R fw (3), Lock L behind R (&), Step R fw (4) □ 3:00
5 - 7 Step L fw (5), Pivot $\frac{1}{4}$ right step R to right side (6), Cross L over R (7) □ 6:00
8 Straighten to 6:00, Brush R fw and hitch R knee up into a "Figure 4" with R toe pointed, then reach R foot back preparing to step back (8) (Bachata Scoop is like a brush into a hook) □ 6:00

--- On Wall 6, Touch R next to L (8) then RESTART facing 6:00 --- □

[17 – 24] □ Rumba Box □

- 1 - 4 Step R back (1), Hold (2), Step L to left side (3), Step R next to L (4) □ 6:00
5 - 8 Step L fw (5), Hold (6), Step R to right side (7), Step L next to R (8) □ 6:00

[25 – 32] □ $\frac{1}{4}$ Back, Hold, Together, Back, Point, $1\frac{1}{4}$ Point □

- 1 - 2 $\frac{1}{4}$ Turn left step R back (1), Hold (2) Optional: Backward body roll (1-2) □ 3:00
&3, 4 Step L next to R (&), Step R back (3), Point L fw and torque upper body to right side (4) □ 3:00
5 - 8 Step L fw (5), $\frac{1}{2}$ Turn left Step R back (6), $\frac{1}{2}$ Turn left step L fw (7), Continue another $\frac{1}{4}$ Turn left on L and point R to right side (8)

Easy Option: $\frac{1}{4}$ Turn left step R to right side (6), Step L behind R (7), Point R to right side (8) □ 12:00

--- On Wall 3, Touch R next to L after $\frac{1}{4}$ turn (8) then RESTART facing 12:00 --- □

[33 – 40] □ Slow Walks, $\frac{1}{2}$ Pivot (2x) □

- 1 - 4 Step R fw (1), Sweep L from back to front (2), Step L fw (3), Drag R to L (4) □ 12:00
5 - 8 Step R fw (5), Pivot $\frac{1}{2}$ turn left step L fw (6), Step R fw (7), Pivot $\frac{1}{2}$ turn left step L fw and drag R to L (slightly over rotate with a subtle torque of upper body to left side) (8) □ 12:00

[41 – 48] □ $\frac{1}{4}$ Skate R, $\frac{1}{2}$ Skate L, $\frac{1}{4}$ Jazz Box □

- 1 - 4 Sharp $\frac{1}{4}$ turn right and skate R to right diag. (1), Drag L to R (2), Sharp $\frac{1}{2}$ turn left and skate L to left diag. (3), Drag R to L (4) □ 9:00
5 - 8 Cross R over L (5), $\frac{1}{8}$ Turn right Step L back (6), $\frac{1}{8}$ Turn right step R to right side (7), Cross L over R (8) □ 12:00

[49 – 56] □ Hip Sways, *Touch, $\frac{1}{4}$, $\frac{1}{4}$, Behind, Side □

- 1 - 4 Step R to right side and sway hip right (1), Sway hip left (2), Sway hip right (3), *Touch L next to R (4) □ 12:00
5 - 8 $\frac{1}{4}$ Turn left step L fw (5), $\frac{1}{4}$ Turn left step R to right side (6), Step L behind R (7), Step R to right side (8) □ 6:00

[57 – 64] □ Cross Rock, Side, Cross, Point, Cross Behind, Unwind □

1, 2& Rock L over R (1), Recover on R (2), Step L to left side (&) □ 6:00

3, 4 Cross R over L (3), Point L to left side (4) □ 6:00

5 - 8 Cross L behind R (5), Unwind full turn left over 3 counts ending with weight on L (6-8) □ 6:00

Contact: JuliaLineDance@gmail.com, www.JuliaWetzel.com
