

No Me Mires Mas

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sandrine POY - February 2016
音乐: No me mirès màs (feat. Soprano) - Kendji Girac



SYNCOPATED ROCKING CHAIR X 2 / WALK R / WALK L / ROCK FORWARD R

1&2& Rock RF forward – recover on LF – rock RF behind – recover on LF
3&4 Rock RF forward – recover on LF – rock RF behind – recover on LF
5-6 Walk forward RF – Walk forward LF
7-8 Rock RF forward – recover on LF

R BACK LOCK STEP/ L BACK LOCK STEP/ ROCK BACK / R STEP ¼ TURN LEFT

1&2 Step back on RF – Lock LF over RF - Step back on RF
3&4 Step back on LF – Lock RF over LF – Step back on LF
5-6 Rock RF behind – recover on LF
7-8 Step RF forward - pivot 1/4turn on left and recover on LF

Easy option : CHASSE BACK instead of BACK LOCK STEP

CROSS ROCK D / CHASSE RIGHT / CROSS ROCK BACK L / CHASSE LEFT

1-2 Cross Rock RF over LF – recover on LF
3&4 Step RF to R side – step LF next to RF - Step RF to R side
5-6 Cross Rock LF behind RF – recover on RF
7&8 Step LF to L side – step RF next to LF - Step LF to L side

JAZZ BOX / R STEP - PIVOT ½ TURN LEFT X 2

1-2 PD Cross RF over LF – step LF behind RF step left foot over right. Step back on
3-4 Step RF on R side – Step LF forward
5-6 Step RF forward – Pivot ½ turn on left
7-8 Step RF forward – Pivot ½ turn on left

And Restart the dance with SMILE

Written by Sandrine POY – february 2016 / Louisiana Dance- FRANCE - www.louisiana-dance.fr
Contact : sandrinepoy@live.fr