

Nadie Nos Va A Parar

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Acok Lodew (INA) & Erna Yong (INA) - April 2020
音乐: Nadie Nos Va a Parar - Treo



Intro 32 counts

S1. MAMBO 2X – PIVOT ½ TURN 2X

1 & 2 Step R forward, step L in place – step R back
3 & 4 Step L back , step R in place step L forward
5 – 6 Step R forward, turn ½ left, weight on L
7 – 8 Step R forward, turn ½ left, weight on L

S2. HEEL GRIND ¼ TURN RIGHT – COASTER STEP – FORWARD ROCK – COASTER STEP

1 – 2 Dig R heel grind, turn ¼ right step L back
3 & 4 Step R back, step L together, step R forward
5 – 6 Step L forward, recover on R
7 & 8 Step L back, step R together, step L forward

S3. LOCK STEP - SHUFFLE WITH FLICK – BOTA FOGO 2X

1 – 2 Step R forward – step L cross behind L
3 & 4 & Step R forward, step L lock behind R, step R forward, Flick L
5 & 6 Step L cross over R, step R side, step L in place
7 & 8 Step R cross over L, step L side, step R in place

S4. SYNCOPATED LOCK STEP ½ TURN LEFT – STEP TOUCH 2X

1&2&3&4 Turn ½ left step L forward, R lock behind L
5 – 6 Step R side, step L close beside R
7 – 8 Step L side, step R close beside L

Tag 4 counts Jazz box

1 – 2 Step R Cross over L, step L back
3 – 4 Step R side, step L forward

Tag and restart on wall 3 & 7 dance up to count 16, then add 4 counts tag and restart.

Happy Dancing always.

E-mail: aco.samsunge7@gmail.com