

No Pares

拍数: 32 墙数: 4 级数: Improver
编舞者: Muki Matchir Royal (INA), Nuri Rindjani (INA), Nilawati (INA) & Theo Seto
Sundoro (INA) - April 2021
音乐: No Pares (feat. Sky Monroe) - J. Perry



Start dancing after 16 counts

S1. WALK - CROSS - TURN 1/4 RIGHT - BACK - SIDE - CROSS SHUFFLE - SIDE - RECOVER

1 - 2 Step R Forward , Step L Forward
3&4 Cross R over L , Turn 1/4 Right Step L Back , Step R to Side
5&6 Cross L over R , Step R to Side , Cross L over R
7 - 8 Step R to Side , Recover on L

S2. BOTAFOGO (R-L) - FORWARD MAMBO - BACK LOCK SHUFFLE

1&2 Cross R over L, Step L to L side, Step R in place
3&4 Cross L over R, Step R to R side, Step L in place
5&6 Rock R forward, Recover on L, Step R back
7&8 Step L back, R cross over L, Step L back

S3. BACK - TOE STRUT - FORWARD - TURN 1/2 LEFT - FORWARD - CROSS SHUFFLE - CROSS SHUFFLE

&1-2 Step R Back , Touch L Forward , Drop L Heel
3 - 4 Step R Forward - Turn 1/2 Left - Step L Forward
5&6 Cross R over L , Step L to Side , Cross R over L
7&8 Cross L over R , Step R to Side , Cross L over R

S4. WALK R, L- TOUCH SIDE - TOUCH BESIDE - ANCHOR STEP - COASTER STEP

1 - 2 Walk forward R, L
3 - 4 touch R side, touch R beside L
5&6 Rock R behind L, Recover on L, Rock R in place
7&8 Step L back, close R beside L, step L forward

Restart on wall 3&6 after 16 counts.

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