

# 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.

Contact email

nuri.rindjani@gmail.com

nilaratnawati@gmail.com

muki\_dans@yahoo.co.id