

No Digas

拍数: 36 墙数: 4 级数: Beginner
编舞者: Marian van der Heijden (NL) - July 2022
音乐: Ay No Digas - Chris Montez



Intro: 12 counts

Rock fwd, recover, chassé R, rock fwd, recover, chassé L

1 – 2 RF rock fwd – recover on LF
3 & 4 RF step R side, LF close, RF step R side
5 – 6 LF rock fwd – recover on RF
7 & 8 LF step L side, RF close, LF step L side

Rock back, recover, tripple turn L, chassé L, rock back, recover

1 – 2 RF rock back – recover on LF
3 & 4 RF step 1/4 turn L, LF close, RF step 1/4 turn L
5 & 6 LF step L side, RF close, LF step L side
7 – 8 RF rock back – recover on LF

*** restart point

Hip bumps R, rock back, recover, Hip bumps L, rock back, recover

1 & 2 Bump hips R-L-R
3 – 4 LF rock back – recover on RF
5 & 6 Bump hips L-R-L
7 – 8 RF rock back – recover on LF

Shuffle fwd, step 1/4 R, step R side, L cross point, R cross point

1 & 2 RF step fwd, LF close, RF step fwd
3 – 4 LF step aside 1/4 turn R - RF step R side
5 – 6 LF cross over – RF point R side
7 – 8 RF cross over – LF point L side

Cross, step back, chassé L

1 – 2 LF cross over – RF step back
3 & 4 LF step L side, RF close, LF step L side

Start over again!

Restarts:

Wall 4: dance session 1 and 2 and start over [9]

Wall 8: dance session 1 and 2 and start over [6]

Finish:

At the end on the words “ay no digas” don’t restart but keep dancing until session 2 count 2 [9] and finish this way:

RF step forward – pivot 1/4 turn L [12]