

No Llores

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ria Vos (NL) - October 2011
音乐: No Llores (Pit Bull Remix) - Gloria Estefan



Intro: 32 counts, on vocals

Step Fwd, Mambo Step, Coaster $\frac{1}{4}$ Turn L, Step $\frac{1}{2}$ Turn R, Shuffle $\frac{1}{2}$ Turn R

1 Step Fwd on R
2&3 Rock Fwd on L, Recover on R, Step Back on L
4&5 Step Back on R, Step L Next to R with a Sharp $\frac{1}{4}$ Turn Left, Step Fwd on R (9:00)
6-7 Step Fwd on L, Pivot $\frac{1}{2}$ Turn Right (3:00)
8&1 Shuffle $\frac{1}{2}$ Turn Right Stepping L, R, L Sweeping R from Front to Back (9:00)

Behind-Side-Cross, Scissor Cross, $\frac{1}{4}$ L, $\frac{1}{2}$ L, Step $\frac{3}{4}$ turn L, Point

2&3 Step R Behind L, Step L to Left Side, Cross R Over L
4&5 Step L to Left Side, Step R Next to L, Cross L Over R
6-7 $\frac{1}{4}$ Turn Left Step Back on R, $\frac{1}{2}$ Turn Left Step Fwd on L (12:00)
8&1 Step Fwd on R, Pivot $\frac{3}{4}$ Turn Left, Point R to Right Side (3:00)

$\frac{1}{4}$ R Step, $\frac{1}{4}$ R Point, $\frac{1}{4}$ L Step, Step Lock, Step, Step, Anchor Step

2-3 $\frac{1}{4}$ Turn Right Step Fwd on R, $\frac{1}{4}$ Turn Right Point L to Left Side (9:00)
4&5 $\frac{1}{4}$ Turn Left Step Fwd on L, Step Fwd on R, Lock L Behind R (bending knees) (6:00)
6-7 Step Fwd on R, Step Fwd on L
8&1 Step/Rock R Behind L Heel, Recover on L, Step Back on R (body angled R)

Back, Cross, Coaster Cross, Side Rock Sailor $\frac{3}{4}$ R

2-3 Step Back on L, Cross R Over L (body angled L)
4&5 Step Back on L, Step R Next to L, Cross L Over R (straighten body up to 6:00)
6-7 Rock R to Right Side, Recover on L
8&[1] Step R Behind L Turning $\frac{3}{4}$ Turn Right, Step L Next to R, ([1]-Step Fwd on R) (3:00)
