

No Llores

拍数: 32 墙数: 4 级数: High Beginner / Improver
编舞者: Julie Carr (UK) - November 2011
音乐: No Llores (Pit Bull Remix) - Gloria Estefan



Choreographer notes. Same Track used for Ria Vos Intermediate dance No Llores.
This is an easier version for the High beginner/ improver, as a floor split.)
Intro 32 counts. Start on vocals

Section1: Rock back recover, R step lock step. L rock recover, L back cross back.

1-2 Rock back on right, recover fwd on L.
3&4 (Right step lock step fwd) Step fwd on right, lock left foot behind right, Step fwd on right.
5-6 Rock fwd on to Left foot, recover back on right foot.
7&8 Step back on left, cross right in front of left, step back on Left

Section 2: R side rock recover, Triple step. Left side rock recover, L behind side cross.

1-2 Rock R out to R side recover on to left side. (Sway hips right to left
3&4 Do a triple step, on the spot, stepping R L R.(cha cha cha)
5-6 Rock left out to left side recover on to right (sway hips left to right
7&8 Step left behind R, Step on to right, cross left over right.

Section 3: Long R side step to right, slide L to R, R side shuffle ,L cross rock recover ¼ L shuffle turn

1-2 Make a long step to R, Slide L foot to R. (Weight on left)
3&4 R side shuffle . Step R to R side, bring left to R, Step R to right.
5-6 Cross rock left foot over right recover back on to right.
7&8 L ¼ shuffle turn . Make ¼ turn left as you step forward on to left foot, bring R to left ,step forward on Left. (9 clock wall

Section 4: Pivot ½ turn, forward R shuffle, L rock recover. L behind step cross.

1-2 Step forward on R make a ½ turn left. (weight on Left 3clock wall
3&4 R shuffle forward. Step forward on R, bring L up to R, and step forward on to R.
5-6 Rock forward on L recover back on to R.
7&8 Step L behind R, Step R to R side, Cross L over R.