

# No Me Ames

拍數: 64      牆數: 4      級數: Beginner - Salsa  
編舞者: Deshimona (INA) - October 2014  
音樂: No Me Ames by J Lo & Marc Anthony (Salsa)



## Optional - Intro ( 32 counts ) :

### S 1 : Basic Rumba

1 2 3 4      Step back on R, recover on L, step R to R side, hold  
5 6 7 8      Step L forward, recover on R, step L to L side, hold

### S 2 : Basic Rumba, Under Arm Turn□

1 2 3 4      Step back on R, recover on L, step R to R side, hold  
5 6 7 8      Step L diagonally R, turn ½ R step R forward, turn 3/8 R step L to L side, hold

### S 3 : New York

1 2 3 4      Turn ¼ L step R forward, recover on L, turn ¼ R step R to R side, hold  
5 6 7 8      Turn ¼ R step L forward, recover on R, turn ¼ L step L to L side, hold

### S 4 : Sway

1 2 3 4      Step R to R side, recover on L, recover on R, hold  
5 6 7 8      Step L to L side, recover on R, recover on L, hold

## Main Dance ( 64 counts ) :

### S 1 : Back R Mambo & Forward L Mambo

1 2 3 4      Step back on R, recover on L, step R next to L, hold  
5 6 7 8      Step L forward, recover on R, step L next to R, hold

### S 2 : Side R Mambo, Side L Mambo

1 2 3 4      Step R to R side, recover on L, step R next to L, hold  
5 6 7 8      Step L to L side, recover on R, step L next to R, hold

### S 3 : Cumbia

1 2 3 4      Step R behind L, recover on L, step R to R side, hold  
5 6 7 8      Step L behind R, recover on R, step to L side, hold

### S 4 : Back R Mambo, Forward, Turn ½ R, Forward

1 2 3 4      Step back on R, recover on L, step R forward, hold  
5 6 7 8      Step L forward, turn ½ R step R forward, step L forward, hold

### S 5 : Forward, Turn ½ L, Forward, Forward L Mambo

1 2 3 4      Step R forward, turn ½ L step L forward, step R forward, hold  
5 6 7 8      Step L forward, recover on R, step L next to R, hold

**TAG & RESTART : On wall 5, after count 40 : Tag 4 counts : Side R Mambo, then start the dance ...**

### S 6 : Side R Mambo, Side L Mambo

1 2 3 4      Step R to R side, recover on L, step R next to L, hold  
5 6 7 8      Step L to L side, recover on R, step L next to R, hold

### S 7 : Suzy Q

1 2 3 4      Step R cross over L, step L slightly to L, step R cross over L, hold  
5 6 7 8      Step L cross over R, step R slightly to R, step L cross over R, hold

### S 8 : Cross, Recover, Side, Recover, Turn 1/8 L & Touch (2x)

1 2 3 4            Step R cross over L, recover on L, step R to R side, recover on L  
5 6 7 8            Turn 1/8 L and touch R to R side, hold, turn 1/8 L and touch R to R side, hold

**TAGS : -**

**#1.After wall 1, 4 counts : Side R Mambo**

**#2.After wall 2, 8 counts : Side R Mambo & Side L Mambo**

**#3.After wall 6, 4 counts : Side R Mambo**

**TAG & RESTART :**

**On wall 5, after count 40, TAG: 4 counts : Side R Mambo, then Restart the dance.**

**Enjoy the Salsa !**

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