

No Pares

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ayu Permana (INA) - May 2016
音樂: No Pares - Leslie Cartaya



Start after 32 count intro (NO TAG NO RESTART)

SECTION 1. WALK FORWARD – FORWARD LOCKSTEP – TOE TOUCH – ¼ TURN & FLICK – FORWARD SHUFFLE (03.00)

1 – 2 – 3 Step forward R – L – R
4 & 5 Step L forward – Step R behind L – Step L forward
6 – 7 Touch R toe out to right side – Turn ¼ right on ball of L, flick R (3)
8 & 1 Step R forward – Step L behind R – Step R forward

SECTION 2. ½ PIVOT TURN – ½ SHUFFLE TURN – BACK – RECOVER – COASTER CROSS (03.00)

2 – 3 Step L forward – Turn ½ right, step on R (9)
4 & 5 Turn ¼ right, step L to left side (12) – Step R close to L – Turn ¼ right, step back on L (3)
6 – 7 Step/rock R backward – Recover on L
8 & 1 Kick R forward – Step R next to L – Cross L over R

SECTION 3. SIDE – RECOVER – CROSS SHUFFLE – SIDE – RECOVER – GRAPEVINE (03.00)

2 – 3 Step/rock R to right side – Recover on L
4 & 5 Cross R over L – Step L to left side – Cross R over L
6 – 7 Step/rock L to left side – Recover on R
8 & 1 Step L behind R – Step R to right side – Cross R over L

SECTION 4. FORWARD DIAGONAL – LOCK – FORWARD LOCKSTEP – LEFT DIAGONAL – LOCK – FORWARD SHUFFLE (01.30)

2 – 3 Step R forward to right diagonal (4.30) – Step L behind R
4 & 5 Step R forward – Step L behind R – Step R forward
6 – 7 Step L forward to left diagonal (1.30) – Step R behind L
8 & 1 Step L forward – Step R behind L – Step L forward

SECTION 5. ½ PIVOT TURN – SIDE SHUFFLE – BACK – RECOVER – SIDE SHUFFLE (06.00)

2 – 3 Step R forward – Turn ½ left, step on L (7.30)
4 & 5 Turn 1/8 left, step R to right side (6) – Step L close to R – Step R to right side
6 – 7 Step/rock L behind R – Recover on R
8 & 1 Step L to left side – Step R close to L – Step L to left side

SECTION 6. (RIGHT & LEFT) KICK BALL TOUCH – ½ PIVOT TURN – HIPS BUMP (12.00)

2 & 3 Kick R forward – Step R next to L – Touch L toe to left side
4 & 5 Kick L forward – Step L next to R – Touch R toe to right side
5 – 7 Step R forward – Turn ½ left, step on L (12)
8 & 1 Touch R toe forward and bumping hips R – L – R (ending weight on R)

SECTION 7. FORWARD – RECOVER – COASTER STEP – DIAGONAL FORWARD – BACK – BACK LOCKSTEP (10.30)

2 – 3 Step/rock L forward – Recover on R
4 & 5 Step L backward – Step R next to L – Step L forward
6 – 7 Step R forward to left diagonal (10.30) – Step back on L
8 & 1 Step R backward – Cross L over R – Step R backward

SECTION 8. SIDE – RECOVER – CROSS – SIDE – RECOVER – ¼ PIVOT TURN – FORWARD – BACK

(06.00)

2 – 3 Turn 1/8 left, stepping L to left side (9) – Recover on R
4 & 6 Cross L over R – step/rock R to right side – Recover on L
6 – 7 Step R forward – Turn ¼ left, step on L
8 & Step R forward – Recover back on L

REPEAT - HAVE FUN AND HAPPY DANCING ...

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