

# Nadie Nos Va A Parar

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Acok Lodew (INA) & Erna Yong (INA) - April 2020  
音樂: Nadie Nos Va a Parar - Treo



## Intro 32 counts

### S1. MAMBO 2X – PIVOT ½ TURN 2X

1 & 2      Step R forward, step L in place – step R back  
3 & 4      Step L back , step R in place step L forward  
5 – 6      Step R forward, turn ½ left, weight on L  
7 – 8      Step R forward, turn ½ left, weight on L

### S2. HEEL GRIND ¼ TURN RIGHT – COASTER STEP – FORWARD ROCK – COASTER STEP

1 – 2      Dig R heel grind, turn ¼ right step L back  
3 & 4      Step R back, step L together, step R forward  
5 – 6      Step L forward, recover on R  
7 & 8      Step L back, step R together, step L forward

### S3. LOCK STEP - SHUFFLE WITH FLICK – BOTA FOGO 2X

1 – 2      Step R forward – step L cross behind L  
3 & 4 &      Step R forward, step L lock behind R, step R forward, Flick L  
5 & 6      Step L cross over R, step R side, step L in place  
7 & 8      Step R cross over L, step L side, step R in place

### S4. SYNCOPATED LOCK STEP ½ TURN LEFT – STEP TOUCH 2X

1&2&3&4      Turn ½ left step L forward, R lock behind L  
5 – 6      Step R side, step L close beside R  
7 – 8      Step L side, step R close beside L

### Tag 4 counts Jazz box

1 – 2      Step R Cross over L, step L back  
3 – 4      Step R side, step L forward

Tag and restart on wall 3 & 7 dance up to count 16, then add 4 counts tag and restart.

Happy Dancing always.

E-mail: [aco.samsunge7@gmail.com](mailto:aco.samsunge7@gmail.com)