

No Me Ama

拍數: 32 牆數: 4 級數: Improver
編舞者: Danielle MODICA (FR) - 10 January 2021
音樂: No Me Ama - Lucenzo



Intro : 32 counts - Start counting on the first musical note

[1-8] MAMBO R FW, MAMBO L BACK, SIDE R, TOGETHER, CHASSE R

1&2 Mambo RF fw (1), Recover bw on LF (&), RF next to LF (2)
3&4 Mambo LF back (3), Recover bw on RF (&), LF next to RF (4)
5-6 RF to the R side (5), LF next to RF (6)
7&8 RF to the R side (7), LF next to RF (&), RF to the R side (8)

[9-16] CROSS ROCK STEP L, CHASSE ¼ TURN L, STEP R ½ TURN, STEP R ¼ TURN

1-2 Cross LF over RF with bw on LF (1), Recover bw on RF (2)
3&4 LF to the L side (3), RF next to LF (&), ¼ turn to the L with LF (4) 12h/9h
5-6 Step R fw (5), ½ turn to the L (6) 9h/3h
7-8 Step R fw (7), ¼ turn to the L (8) 3h/12h

[17-24] STEP R FW, SWEEP L ¼ TURN, CROSS & CROSS, SIDE HIP ROLL, CROSS ¼ TURN

1-2 Step R fw (1), ¼ turn to the R with a L sweep (2) 12h/3h
3&4 Cross LF over RF (3), RF to the R side (&), Cross LF over RF (4)
5-6 RF to the R side and roll your hips to the R (5), and to the left (6)
7&8 Cross RF over LF (7), ¼ turn to the R with LF back (&), RF to the R side (8) 3h/6h

[25-32] STEP L FW, LOCK, STEP LOCK STEP, STEP R FW, ¾ PENCIL TURN INSIDE, STEP L LOCK STEP

1-2 Step LF fw (1), Cross RF behind LF (2), 6h
3&4 Step LF fw (3), Cross RF behind LF (&), Step LF fw (4)
5-6 Step RF fw (5), ¾ pencil turn inside to the L with bw on RF (6) 6h/9h
7&8 Step LF fw (7), Cross RF behind LF (&), Step LF fw (8) 9h

Wall 7 - Final : Do the 29 first counts and replace ¾ PENCIL TURN by TOUCH LF next RF to stay facing 12h

Fw : forward / Bw : body weight

Source : this card is the original. If you have any question, do not hesitate to contact me :
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