

# 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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