

# No Digas

拍數: 36      牆數: 4      級數: Beginner  
編舞者: Marian van der Heijden (NL) - July 2022  
音樂: Ay No Digas - Chris Montez



Intro: 12 counts

**Rock fwd, recover, chassé R, rock fwd, recover, chassé L**

1 – 2            RF rock fwd – recover on LF  
3 & 4           RF step R side, LF close, RF step R side  
5 – 6           LF rock fwd – recover on RF  
7 & 8           LF step L side, RF close, LF step L side

**Rock back, recover, tripple turn L, chassé L, rock back, recover**

1 – 2            RF rock back – recover on LF  
3 & 4            RF step 1/4 turn L, LF close, RF step 1/4 turn L  
5 & 6            LF step L side, RF close, LF step L side  
7 – 8            RF rock back – recover on LF

\*\*\* restart point

**Hip bumps R, rock back, recover, Hip bumps L, rock back, recover**

1 & 2            Bump hips R-L-R  
3 – 4            LF rock back – recover on RF  
5 & 6            Bump hips L-R-L  
7 – 8            RF rock back – recover on LF

**Shuffle fwd, step 1/4 R, step R side, L cross point, R cross point**

1 & 2            RF step fwd, LF close, RF step fwd  
3 – 4            LF step aside 1/4 turn R - RF step R side  
5 – 6            LF cross over – RF point R side  
7 – 8            RF cross over – LF point L side

**Cross, step back, chassé L**

1 – 2            LF cross over – RF step back  
3 & 4            LF step L side, RF close, LF step L side

Start over again!

Restarts:

Wall 4: dance session 1 and 2 and start over [9]

Wall 8: dance session 1 and 2 and start over [6]

Finish:

At the end on the words "ay no digas" don't restart but keep dancing until session 2 count 2 [9] and finish this way:

RF step forward – pivot 1/4 turn L [12]