

# No Llores

拍數: 32      牆數: 4      級數: High Beginner / Improver  
編舞者: Julie Carr (UK) - November 2011  
音樂: No Llores (Pit Bull Remix) - Gloria Estefan



Choreographer notes. Same Track used for Ria Vos Intermediate dance No Llores.  
This is an easier version for the High beginner/ improver, as a floor split. )  
Intro 32 counts. Start on vocals

**Section 1: Rock back recover, R step lock step. L rock recover, L back cross back.**

1-2            Rock back on right, recover fwd on L.  
3&4            (Right step lock step fwd) Step fwd on right, lock left foot behind right, Step fwd on right.  
5-6            Rock fwd on to Left foot, recover back on right foot.  
7&8            Step back on left, cross right in front of left, step back on Left

**Section 2: R side rock recover, Triple step. Left side rock recover, L behind side cross.**

1-2            Rock R out to R side recover on to left side. ( Sway hips right to left  
3&4            Do a triple step, on the spot, stepping R L R.( cha cha cha )  
5-6            Rock left out to left side recover on to right ( sway hips left to right  
7&8            Step left behind R, Step on to right, cross left over right.

**Section 3: Long R side step to right, slide L to R, R side shuffle ,L cross rock recover ¼ L shuffle turn**

1-2            Make a long step to R, Slide L foot to R. (Weight on left )  
3&4            R side shuffle . Step R to R side, bring left to R, Step R to right.  
5-6            Cross rock left foot over right recover back on to right.  
7&8            L ¼ shuffle turn . Make ¼ turn left as you step forward on to left foot, bring R to left ,step forward on Left. ( 9 clock wall

**Section 4: Pivot ½ turn, forward R shuffle, L rock recover. L behind step cross.**

1-2            Step forward on R make a ½ turn left. (weight on Left 3clock wall  
3&4            R shuffle forward. Step forward on R, bring L up to R, and step forward on to R.  
5-6            Rock forward on L recover back on to R.  
7&8            Step L behind R, Step R to R side, Cross L over R.

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