

No Llores

LINEDANCE.COM

Count: 32

Wall: 4

Level: High Beginner / Improver

Choreographer: Julie Carr (Nuline Instructor)

Music: No Llores by Gloria Estefan ft Pitbull (remix)

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

Section1: 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&4R 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&8L 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&4R 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.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=85166