



No Pares

Choreographie: Clara Ayats
Beschreibung: Count: 64, Wall: 2, Level: Intermediate
Musik: No pares' by Leslie Cartaya, pitched down to 116 bpm

Close foot change weight, 2 steps forward, R triple forward, Check, Sweep, Cross behind, Close foot, change weight, L Side step

1-3 LF close to RF (change weight on your LF), RF step forward, LF step forward
4&5 RF step forward, LF locks behind RF, RF step forward
6-7 LF close in front RF, RF recover weight and sweep LF from the front to the back
8&1 LF cross behind RF, RF close to LF (change weight on your RF), LF step side L

L Triple, R Triple, 1/8 Turn R Step side L and Sweep, Coaster step, Step forward, 3/4 Pivot turn R, Cross in front

2&3 RF close to LF change weight, LF step in place change weight, RF step side R
4&5 LF close to RF change weight, RF step in place change weight, 1/8 turn R LF and sweep RF backwards
6&7 RF step back, LF close to RF change weight, RF step forward
8-1 LF step forward, 3/4 pivot turn R on your LF, RF cross over LF (finish facing 10:30)

1/4 Turn R triple backwards, 1/2 Turn R RF Step, forward, Step forward

2&3 1/4 turn R LF step backwards (face 1:30), RF cross in front LF, LF step backwards
4-5 1/2 turn R RF step forward (face 7:30), LF step forward
6& RF step forward, LF locks behind RF
7& RF step forward, LF locks behind RF
8&1 RF step forward, LF locks behind RF, RF step forward

Hold, 5/8 Turn L, Hold, 3 Side touch, Close feet, 2 Pop chest, Step RF diagonal L

2-4 Hold (weight on your RF), 5/8 Turn L (face 12:00, weight on
5& RF points side R, RF close to LF change weight
6&7 LF points side L, LF close to RF change weight, RF points side R
8&1 RF close to LF and pop chest, pop chest, 1/8 turn L RF step forward (face 10:30)

Diamond, 1/4 Turn L Step side L, Hold on LF and Flick

2&3 LF step forward (face 10:30), 1/8 turn L RF step to R side (face 9:00), 1/8 turn L LF step backwards (face 7:30)
4&5 RF step backwards, 1/8 turn L LF step to L side (face 6:00), 1/8 turn
6&7 LF step forward, 1/8 turn L RF step R side (face 3:00), 1/8 turn L LF step backwards (face 1:30)
8&1 RF step backwards, 1/4 turn L LF step L side (face 10:30), RF flick back

Sync. Cuban Break (face 10:30), Cross over, 3/4 turn L (face 1:30), Batucadas, Step backwards finishing in a sit position

2& RF cross in front LF, Recover weight on LF
3& RF step to R side, Recover weight on LF,
4-5 RF cross over LF, 3/4 turn L RF
&6 L hip makes a lift hip roll, LF step backwards check down
&7 R hip makes a lift hip roll, RF step backwards check down
&8 LF step backwards, RF touch diagonal forward (bent knees, finish in a sit pos)

3/4 turn L Hip roll circles,

1-4 1/4 turn L RF step R side (face 10:30) and start hip roll back from L to R, finish hip roll and weight on RF, LF close to RF and change weight, Hold
5-6 1/4 turn L RF step R side (face 7:30) and start hip roll back from L to R, LF close to RF and change weight
7-8 1/4 turn L RF step R side (face 4:30) and start hip roll back from L to R, LF close to RF and change weight

Side Hip Rocks (face 4:30), 1/8 Turn R Step in place (face 6:00), Kick forward, Step backwards, Touch forward, Switch in place

1&2 RF point side R (diagonal R) and bring R hip up, hip down, bring R hip up
&3 LF close to RF changing weight and hip down, RF point side R (diagonal R)
&4 Hip down, bring R hip up
&5 LF close to RF and hip down, 1/8 turn R LF step in place (face 6:00) and RF kick forward
&6 RF close behind LF, LF touch forward (bent L knee)
&7 Switch heels to L side, Recover position
&8 Switch heels to L side, position (L knee bent and R knee stretched)

Wiederholung bis zum Ende