

# NO PARES

Choreographed by Clara Ayats

Description: 2 wall, 64 counts, Cuban (Cha Cha)

Level: Intermediate

Music: 'No pares' by Leslie Cartaya, (pitched down to 116bpm)

*Official UCWDC competition dance description*

*Date of usage 29 June 2017 to June 2018*

## **1-9: 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

## **10-17: 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 step side L (face 1:30) 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)

## **18-25: 1/4 Turn R triple backwards, 1/2 Turn R RF Step forward, Step forward, 3 Continuous Lockstep 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

## **26-33: 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 your RF and bent knees in a sit position), hold  
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)

## **34-41: 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 L RF step forward (face 4:30)  
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

## **42-48: 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 step backwards (weight on your RF facing 1:30)  
&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 position)

## **49-56: 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

## **57-64: 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) and bring R hip up  
&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, Recover position (L knee bent and R knee stretched)