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## No Me Ames

64 Count, 4 Wall, Beginner

Choreographer: Deshimona (MLD-INA) Oct 2014

Choreographed to: No Me Ames by J Lo & Marc Anthony

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### Optional - Intro ( 32 counts ) :

#### S1:

##### Basic Rumba

1 2 3 4

Step back on R, recover on L, step R to R side, hold

5 6 7 8

Step L forward, recover on R, step L to L side, hold

#### S2:

##### Basic Rumba, Under Arm Turn

1 2 3 4

Step back on R, recover on L, step R to R side, hold

5 6 7 8

Step L diagonally R, turn  $\frac{1}{2}$  R step R forward, turn  $\frac{3}{8}$  R step L to L side, hold

#### S3:

##### New York

1 2 3 4

Turn  $\frac{1}{4}$  L step R forward, recover on L, turn  $\frac{1}{4}$  R step R to R side, hold

5 6 7 8

Turn  $\frac{1}{4}$  R step L forward, recover on R, turn  $\frac{1}{4}$  L step L to L side, hold

#### S4:

##### Sway

1 2 3 4

Step R to R side, recover on L, recover on R, hold

5 6 7 8

Step L to L side, recover on R, recover on L, hold

### Main Dance ( 64 counts ) :

#### S1:

##### Back R Mambo & Forward L Mambo

1 2 3 4

Step back on R, recover on L, step R next to L, hold

5 6 7 8

Step L forward, recover on R, step L next to R, hold

#### S2:

##### Side R Mambo, Side L Mambo

1 2 3 4

Step R to R side, recover on L, step R next to L, hold

5 6 7 8

Step L to L side, recover on R, step L next to R, hold

#### S3:

##### Cumbia

1 2 3 4

Step R behind L, recover on L, step R to R side, hold

5 6 7 8

Step L behind R, recover on R, step to L side, hold

#### S4:

##### Back R Mambo, Forward, Turn $\frac{1}{2}$ R, Forward

1 2 3 4

Step back on R, recover on L, step R forward, hold

5 6 7 8

Step L forward, turn  $\frac{1}{2}$  R step R forward, step L forward, hold

#### S5:

##### Forward, Turn $\frac{1}{2}$ L, Forward, Forward L Mambo

1 2 3 4

Step R forward, turn  $\frac{1}{2}$  L step L forward, step R forward, hold

5 6 7 8

Step L forward, recover on R, step L next to R, hold

**TAG & RESTART : On wall 5, after count 40 : Tag 4 counts : Side R Mambo, then start the dance ...**

#### S6:

##### Side R Mambo, Side L Mambo

1 2 3 4

Step R to R side, recover on L, step R next to L, hold

5 6 7 8

Step L to L side, recover on R, step L next to R, hold

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**S7:****Suzy Q**

1 2 3 4

Step R cross over L, step L slightly to L, step R cross over L, hold

5 6 7 8

Step L cross over R, step R slightly to R, step L cross over R, hold

**S8:****Cross, Recover, Side, Recover, Turn 1/8 L & Touch (2x)**

1 2 3 4

Step R cross over L, recover on L, step R to R side, recover on L

5 6 7 8

Turn 1/8 L and touch R to R side, hold, turn 1/8 L and touch R to R side, hold

**TAG :**

1.After wall 1, 4 counts : Side R Mambo

2.After wall 2, 8 counts : Side R Mambo &amp; Side L Mambo

3.After wall 6, 4 counts : Side R Mambo

**TAG & RESTART :**

On wall 5, after count 40, TAG: 4 counts : Side R Mambo, then Restart the dance.

**Enjoy the Salsa !**