

SAY NO MORE



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Music: Sony CDZ-807441 "Eso Es El Amor" (Eydie Gorme) Track 1, *No Me Platiques Mas*

Footwork: Opposite, directions for man (lady as noted)

Phase & Rhythm: Phase VI - Bolero

Difficulty Level: Average

Sequence: Intro, A, B, A, C, B, A, End 2004 M

INTRODUCTION

1-8 WAIT 1; WRAP to SAMEFOOT PRESS; lady TURN UNDER & FACE; RUMBA SPOT TURN; SLOW HIP ROCKS; RUMBA SPOT TURN; HIP ROCKS; FORWARD BASIC blend to cp;

- 1 [Wait 2] Open facing face LOD both hnds joined low trail feet free;
- 2 [Wrap & Press SS (QQS)] Bk R raise lead hnds to wrap lady,-, press fwd into L part wght in press line LOD body fc DLW,- (fwd L trn LF under lead hnds, sd & bk R to wrap pos, press fwd L press line LOD,-);
- 3 [Turn Under & Face SS (QQS)] Rec L LOD trn RF raise lft hnds lady under no rise,-, sd & fwd R fac DRW release hnds & bring to sides, -, (rec L LOD trn RF under lft hnds no rise, fwd R trn RF no rise, sd & fwd L release & lower hnds fc DRC);
- 4 [Rumba Spot Turn QQS] Thru L LOD no rise trn RF (lady LF), rec L trn RF (lady LF) to fc, sd L to fc WALL in opn fac,- ;
- 5 [Slow Hip Rock SS] Rock sd R roll hip sd & bk,-, rec L hip roll sd & bk,-;
- 6 [Rumba Spot Turn QQS] Thru R LOD trn LF (lady RF), rec L trn LF (lady RF), sd R to fc WALL in opn fac,- ;
- 7 [Hip Rocks SQQ] Rock sd L roll hip sd & bk jn hnds,-, rec R hip roll, rec L hip roll fc WALL softn knee;
- 8 [Forward Basic SQQ] Sd & fwd R blind cp fc DRW rise,-, ck fwd L smi stp slight contra ck action, rec bk R soft knee fc DRW (sd & bk L blind cp,-, bk R contra ck action slight sit line action, rec fwd L);

PART A

1-8 BACK & LEG CRAWL; EXTEND & SYNC SPIN; CROSS BODY; VINE 3; ROLL 3; LUNGE BREAK; HIP TWIST (overturn ladies) & CROSS BODY; HIP ROCKS;

- 1 [Back & Leg Crawl SS] Sd & bk L cp, -, slo body trn LF leave rght leg extndd lwr slightly,- (sd & fwd R in cp,-, body trn LF lift lft leg up man's rght leg lwr slightly,-);
- 2 [Extend & Sync Spin SS (SQQ&)] Slo extnd shaping LF,-, rec R trn RF fc DRW raise lead hnds to spin lady undr softn into knee cking action fc DRW chnge to r-r hnds (extnd shape,-, rec bk L trn RF, fwd R cont RF spin undr lead hnds /cl L cking softn into knee fc DLC);
- 3 [Cross Body SQQ] Sd & bk L trn LF to "L" shpe LOD rise,-, trn LF bk R in sdcr toe in sft knee chnge to lead hnds, cont LF trn fwd L fc DLC (sd & fwd R to DLC,-, fwd L strt LF trn, trn LF sd & fwd R fc DLW);
- 4 [Vine SQQ] Sd & fwd R, -, slght trn LF(RF) XLIFR (XRIFL), trn LF sd L LOD fc COH;
- 5 [Roll 3 SQQ] Bk LXIBR (XRIBL) comm RF (LF) roll,-, fwd R LOD roll RF (LF), sd L to opn fcng fc COH;
- 6 [Lunge Break SQQ] Sd & fwd R opn fcng fc DLC lead hnds still jnd,-, lower on R extnd lft to sd & bk good tone press lady bk, strt rise on R bring lady fwd (sd & bk L opn fcng,-, bk R contra ck action slight sit line action, rec fwd L strt rise);
- 7 [Hip Twist Cross Body SQQ] Rise & cl L trn lady RF,-, trn LF bk R toe in sft knee, cont LF trn fwd L fc WALL (sd & fwd R to man's lft sd trn RF to wrap pos,-, strt LF trn fwd L past man, trn LF sd R fc COH);
- 8 [Hip Rocks SQQ] Rock sd R roll hip sd & bk jn hnds,-, rec L hip roll, rec R hip roll fc WALL;

PART B

1-8 TURNING BASIC;; OUTSIDE SWIVEL ATTITUDE; DEVELOPE & SYNC SPIN; NEW YORKER to CENTER; RIFF TURN; UNDERARM to LUNGE; EXTEND & SYNC SPIN to BFLY;

- 1-2 [Trng Basic SQQ SQQ] Sd L to cp slight body trn RF rise (lady look rght),-, trn LF slip pvt action bk R sft knee, sd & fwd L trn LF to fc DLC sft knee; Sd & fwd R cp DLC rise,-, body trn LF fwd L contra ck action, rec R sft knee cp COH;
- 3 [Outside Swivel Attitude SS] Loosen hold bk & sd L w/shape to rght leave rght leg extnd fwd COH add slight body trn RF,-, extnd shape to lady as she swivels & shapes in loose paso hold,- (fwd R outsd man raise lft leg in attitude line & swivel RF, -, body trn RF hold attitude line & commence to collect lft leg in,-);
- 4 [Develope & Sync Spin S - & Q (SQ&Q&)] Slight body trn RF look COH,-, hold body trn LF raise lead hnds/rec fwd R, cl L mvng to lady's rght COH (extnd leg fwd over man's rght leg to DRC,-, fwd L DCR across man's rght leg/spin LF undr lead hnd R, L/R mvng COH),
- 5 [New Yorker SQQ] Sd & fwd R COH rise body trn RF (lady LF),-, ck thru L soft knee, rec R trn to fc RLOD soft knee;
- 6 [Riff Turn QQQQ] sd L raise lead hnds strt lady in RF spin, cl R, sd L strt lady in RF spin, cl R fc ROLD (fwd R spin RF undr lead hnds, cl L, fwd R spin RF undr lead hnds, cl L);

- 7 [Underarm to Lunge SS] Sd L lead hnds up strt lady in RF spin brng hnds dwn & softn knee,-, lunge sd R shape to partnr body fc RLOD,- (fwd R spin RF undr lead hnds hnd dwn & softn knee,-, lunge sd L shape to partnr, -);
- 8 [Extnd & Sync Spin SQ&Q] Extnd shaping to ptrn end trail hnds up & out,-, rec L trn LF fc WALL raise lad hnds to spin lady undr/sd R, cl L fc WALL blind to bfly (extnd shape,-, rec R trn RF com RF spin undr lead hnds/L, R fc COH blind bfly);
- 9-16 CROSS OVER CHECK; BFLY THROWAWAY; FALLAWAY RONDE SLIP; SIDE CORTE & HIP ROCK; RUDOLPH RONDE & INSIDE UNDERARM; NEW YORKER to LINE; CROSS BODY; FORWARD BASIC;**
- 9 [Crossover Check SQQ] Trn RF sd & fwd R to strng bfly sdcr rise fc DRW,-, ck fwd L in sdcr sft knee, rec bk R trn LF (trn RF sd & bk L to bfly sdcr,-, bk R in sdcr slight sit line action, rec fwd L);
- 10 [Bfly Throwaway SS] Fwd & sd L bfly DWL relax L knee trn LF,-, comm hip trn LF & slight sway right, - (sd R shrp trn LF relax knee, -, cont LF trn extnd lft leg bk sway L & extend top up & out,-);
- 11 [Fallaway Ronde Slip SQQ] Rec R cl actn slight body trn LF in bfly/ronde L CCW,-, complete ronde to fallaway bk L trn LF, bk R slip pivot to cp & pivot LF to DLC release trail hnds blind cp (sd & bk L trn RF/ronde R CW,-, bk R in fallaway, leave L fwd no weight rise trn LF to cp fwd L);
- 12 [Corte Hip Rock SQQ] Blind cp trn LF fc COH sd L soft knee,-, rec R hip roll, rec L hip roll fc DCL CP;
- 13 [Rudolph Ronde Inside Underarm SQ&Q] Fwd & sd R DLC betwn lady's feet body trn RF lead lady to ronde R CW,-, trn RF fwd L to circle walk RF raise lead hnds/XRIBL latin x trn lady under, trn RF sd & fwd L to "V" LOD (sd & bk L ronde R CW,-, bk R XIBL/strt LF undrarm trn fwd & sd L, trn LF sd & fwd R to "V" LOD);
- 14 [New Yorker SQQ] Sd & fwd R LOD rise body trn RF (lady LF),-, ck thru L soft knee, rec R trn to fc COH soft knee;
- 15 [Cross Body SQQ] Trn LF sd & bk L to "L" shpe RLOD rise,-, trn LF bk R in sdcr toe in sft knee, cont LF trn fwd L fc WALL (sd & fwd R to DLC,-, fwd L strt LF trn, trn LF sd & bk R fc COH);
- 16 [Forward Basic SQQ] Sd & fwd R blind to cp fc DRW rise,-, ck fwd L sml stp slight contra ck action, rec bk R fc DRW (sd & bk L blind cp,-, bk R contra ck action slight sit line action, rec fwd L);

PART C

- 1-8 BASIC to OPEN BREAK;; UNDERARM TURN; MAN'S UNDERARM; UNDERARM & AIDA PREP; AIDA LINE & SWITCH LUNGE; SPOT TURN; HIP ROCKS;**
- 1 [Basic SQQ] Sd & bk L cp rise,-, bk R slight XIBL sft knee, rec sd & fwd L cp fc WALL sft knee;
- 2 [Open Break SQQ] Sd & slight fwd R rise,-, release cp bk L soft knee ck action press lady bk lead hnd hold, rec sd & fwd R fc WALL (sd & bk L,-, bk R sft knee ck action, rec sd & fwd L);
- 3 [Underarm Turn SQQ] Bk & sd L slight LF trn raise lead hands rise,-, bk R sft knee lead lady under, rec L fc WALL (trn RF sd & fwd R LOD,-, fwd L soft knee trn RF undr raised arms, rec R cont trn RF to fc sft knee);
- 4 [Man's Underarm Turn SQQ] Trn RF sd & fwd R RLOD release lead hnds jn trail hnds,-, thru L soft knee trn RF und trail hnds, rec R cont trn RF to fc sft knee fc WALL (sd & bk L,-, bk R XIBL man undr trail hnds, rec sd & fwd L);
- 5 [Underarm Aida Prep SQ&Q] Sd & bk L jn & raise lead hnds rise,-, bk R sft knee lead lady undr lead hnds (lady trn LF), rec L trn LF rlease lead hnds jn trail hnds (lady trn RF)/ sd & bk R ;
- 6 [Aida & Switch Lunge SS] Trn LF bk L slight "V" bk to bk pos LOD lead hnds up & out trail hnds fwd (lady trn RF),-, trn RF bring trail hnds thru (lady LF) to fc sd R soft knee shape to partner,-;
- 7 [Spot Turn SQQ] Trn RF rec sd & fwd L "V" pos LOD,-, thru R soft knee trn LF, rec L cont trn LF to fc sft knee strt to rise;
- 8 [Hip Rocks SQQ] Rock sd R roll hip sd & bk jn hnds,-, rec L hip roll, rec R hip roll fc WALL;

END

- 1-4 UNDERARM TURN; DOUBLE HAND LUNGE BREAK; SIDE & FENCE LINE; RISE & SLOW WRAP TO X-LINE;**
- 1 [Underarm Turn SQQ] Sd & bk L slight LF trn raise lead hands rise,-, bk R sft knee lead lady under, rec L fc WALL (sd & fwd R LOD,-, fwd L soft knee trn RF undr raised arms, rec R cont trn RF to fc sft knee);
- 2 [2 Hand Lunge Break SQQ] Sd & fwd R bfly fcng fc DRW both hnds jnd rise,-, lower on R extnd lft to sd & bk good tone press lady bk, strt rise on R bring lady fwd (sd & bk L opn fcng,-, bk R contra ck action slight sit line action, rec fwd L strt rise);
- 3 [Fence Line SS] Sd L LOD rise body erect extend arms out bfly,-, thru R soften knee arms out bfly,-;
- 4+ [Rise Wrap Xline SSS] Rise on R raise lea hnds strt slo wrap,-, cont wrap action,-; lwr on R extnd L sd & fwd upper body shape slight away frm lady in X-line "V" LOD look at partnr,- (rise on L strt LF trn wrpng on L,-, cont LF trn on L to wrap pos,-, lwr on L extnd R sd & fwd in X-line shape upper body away but look at prtner,-);