

NO ME QUEDA MÁS (I Have No More)

Music: **Angela Aguilar**
www.amazon.com/-/es/dp/B083L8K4RL
Selena
www.amazon.com/No-Me-Queda-Más/dp/B000THBUZ8
Time 3:20 Available from choreographer

Rhythm: **Bolero Phase: V+2U (Cont Chase w/ Undrarm Pass & W Peeks + Trn to Rom. Sway's)**
Footwork: **Opposite except where (Noted)**
Release Date: June 21
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
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Sequence: **INTRO AB A(1-8) B INTRO A(1-8) B END [See END Selena]**



INTRO

BFLY POS WALL LEAD FOOT FREE WAIT FOR A FUE INTRO BEATS ;

01-04 CONTINUOUS CHASE w/ UNDERARM PASS & W PEEKS ; ; ;

{Continuous Chase w/ Underarm Pass & W Peeks} Fwd L trng ½ RF keepg ld hnds jnd behind M, -, rec R, fwd L (W bk R, -, rec L, fwd R twds M's lft sd) ; Bk R raisg jnd ld hnds, -, rec L, sd R (W fwd L, -, fwd R trng ½ LF under jnd ld hnds, fwd & sd L contg to trn ½ LF) to TAND COH w/ ld hnds still jnd above the head W ; {Peek-a-Boo x 2} Sd L look at the lady, -, rec R, cl L (W sd R trn the upper body ¼ LF & lookg ovr lft shldr, -, rec L, cl R) ; Sd R look at the lady, -, rec L, cl R (W sd L trn the upper body ¼ RF & lookg ovr rt shldr, -, rec R, cl L) ;

05-08 CONTINUE ; ; ; W SWIVEL to FACE ;

{Continue} Fwd L trng ½ RF keepg ld hnds jnd behind M, -, rec R, fwd L (W fwd R trng ½ LF, -, fwd L, fwd R twds M's lft sd) ; Repeat meas 3,4 Part A ; ; {W Swivel to Fc} Sd R, -, rec L, cl R (W sd L lookg ovr rt shldr, -, rec R trng ½ RF, cl L) to BFLY WALL ;

PART A

01-04 FENCE LINE w/ ARMSWEEP ; THRU SERPIENTE ; ; FENCE LINE w/ ARMSWEEP ;

{Fence Line w/ Armsweep} Sd L body rise, -, XRif bent knee rt arm circle CCW (W XLif bent knee lft arm circle CW) ifo body, rec bk L ; {Thru Serpiente} Sd R, -, thru L, sd R ; [QQQQ] XLib, R foot fan CW on L, XRib, sd L ; {Fence Line w/ Armsweep} Sd R body rise, -, XLif bent knee lft arm circle CW ifo body, rec bk R to BFLY WALL ;

05-09 TURNING BASIC ; HORSESHOE TURN ; ; HIP LIFT [2^{de} & 3^{the} TIME: r hndshk] ; RIFF TURN & rt hndshk ;

{Trng Basic} Sd L w/ slight RF body rotation, -, bk R trng ¼ LF w/ slip pivot action, sd and fwd L trng ¼ LF to BFLY COH ; {Horseshoe Trn} Sd & fwd R to V-pos LOD, -, comm trn thru L LOD, XRib to V-Pos & raise ld hnds ; Circ ½ CCW fwd L, -, R, L (W circ ½ CW undr jnd hnds fwd R, -, L, R) to Low Bfly WALL ; {Hip Lift} Sd & fwd R to CP bringing L ft next to R w/ relaxed knee & toe on floor, -, pushg on L toe lift L hip, lowr L hip relaxg knee to Bfly WALL [2^{de} & 3^{the} Time: rt hndshk] ; {Riff Trn} [QQQQ] Sd L raisg ld hnds, cl R, sd L, cl R (W sd & fwd R com RF spin undr jnd ld hnds, cl L compg full RF spin, sd & fwd R comm RF spin, cl L compg 2 nd full spin undr jnd ld hnds) to rt hndshk WALL ;

PART B

01-04 SHADOW NEW YORKER ; HALF MOON ; ; REVERSE UNDERARM TURN ;

{Shadow New Yorker} [w/ rt hndshk] Sd L w/ body rise trng LF to OP "V" LOD, -, thru R to OP LOD M bhd W, rec L to fc ptr (W sd R w/ body rise, -, thru L w/ strong bdy trn almost w/ bk to ptr, rec R to fc ptr) keep rt hndshk WALL ; {Half Moon} Sd R w/ bdy rise trng RF to LOP "V" RLOD, -, thru L in LOP RLOD, rec R stg to fc ptr (W sd L w/ bdy rise, -, thru R w/ strong bdy trn almost w/ bk to ptr, rec L stg to fc ptr) ; Sd & bk L w/ bdy rise trng LF, -, bk R w/ slippg action trng LF, fwd & sd L (W raisg L arm sd & fwd R w/ bdy rise trng ¼ RF away from ptr but lookg at him, -, trng LF fwd L Xg ifo M, sd & bk R contg LF trn) to BFLY COH ; {Reverse Underarm Trn} Sd R raisg ld hnds, -, XLif, rec R (W sd L comm ½ LF trn undr jnd ld hnds, -, XRif contg trn, fwd L compg trn to fc ptr) to BFLY COH ;

05-08 RIGHT PASS ; DOUBLE HANDHOLD OPENING OUT TWICE ; ; SPOT TURN ;

{Right Pass} Fwd & sd L rise comm trn RF raise ld hnds to create window, -, XRib cont trn, fwd L (W fwd R rise, -, fwd L comm trn LF under jnd ld hnds, cont trn bk R) to BFLY WALL ; {DBL Hndhld Opening Out x 2} In bfly small sd & fwd L body rise and body rotate LF, -, lower on L and extend R ft to sd, rise on L body rotate in Bfly (W sd & bk R body rise and body rotate LF match ptr, -, XLib lowerg, fwd R in Bfly) ; CL R body rise and body rotate RF, -, lower on R and extend L ft to sd, rise on R body rotate in Bfly (W sd & bk L body rise and body rotate RF match ptr, -, XRib lowerg, fwd L in Bfly) ; {Spot Turn} Sd R, -, XLif trng RF, fwd & sd R contg trn to BFLY WALL ;

09-10 TURN INTO ROMANTIC SWAY'S ; ;

{Trn Into Romantic Sway's} Release ld hnds Sd L & swiv LF (*W RF*) to bk-to-bk sweep ld hnds up & around to end streched out to sd at shoulder level, -, sd R, rec L ; Sd R and swiv RF (*W LF*) to fc bring ld hnds btwn ptrs to lead hip, -, sd L, rec R to Low Bfly WALL ;

ENDING

01-04 3 ALTERNATING UNDERARM TURN W chng hnds – M chng hnds & W ; ; AIDA PREPARATION ;

{3 Alternating Underarm Trns W – M & W} Sd L, -, raisg jnd ld hnds XRib, rec fwd L (*W sd & fwd R, -, fwd L RF trn under jnd ld hnds, fwd R cont RF trn to fc ptr*) ; [join trl hnds] Sd R & fwd, -, fwd L trng RF undr jnd trl hnds, fwd R cont RF trn to fc ptr (*W sd L, -, XRib, rec L*) ; [join ld hnds] Repeat meas 1 Ending to BFLY WALL ; **{Aida Prep}** Relg trl hnds Sd R trng to slight V pos RLOD, -, thru L to LOP RLOD, trng LF sd R to fc ptr & BFLY WALL ;

05-06 AIDA LINE SWITCH & RECOVER to BJO ; FORWARD to BJO/W DEVELOPE ;

{Aida Line Switch & Rec to BJo} Trng LF (*W RF*) Bk R to V bk-to-bk LOD free hnds up & out, -, swiv RF (*W LF*) on L sd R to fc ptr, rec L swiv to BJO DLW ; **{ Fwd to BJO/W Develope}** Fwd R to BJO DLW insd W's rt sd, -, -, - (*W bk L, -, bk R to SCAR, bring L ft up R leg to insd of R knee, extend L ft fwd*) ;

[For Selena]

05-06 AIDA LINE SWITCH & RECOVER to SCP LOD ; QUICK THRU CHAIR to LOD ;

{Aida Line Switch & Rec to SCP LOD} Trng LF (*W RF*) Bk R to V bk-to-bk LOD free hnds up & out, -, swiv RF (*W LF*) on L sd R to fc ptr, rec L swiv to SCP LOD ; **{Quick Thru Chair to LOD}** [Q] Strong Thru R (*W thru L*) in lunge action bendg knee ;