

Mas

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: David Sinfield (UK) - January 2012

Musik: Más - Ricky Martin



Start on Lyrics

SIDE ROCK, CROSS SHUFFLE, ROCK ¼ RIGHT, LEFT SHUFFLE

- 1-2 Rock right to right, replace weight onto left
- 3&4 Cross right over right, step left to left, cross right over left
- 5-6 Rock left to left, on the ball of right step ¼ turn right
- 7&8 Step left forward, step right beside left, step left forward

BOTA FOGO RIGHT, BOTA FOGO LEFT, CROSS, SIDE, SAILOR SHUFFLE

- 1&2 Step right forward, rock left to left, replace weight onto right
- 3&4 Step left forward, rock right to right, replace weight onto left
- 5-6 Cross right over left, step left to left
- 7&8 Step right behind left, step left to left, step right to right

CROSS, SIDE, SAILOR ½ TURN LEFT, STEP PIVOT, SHUFFLE

- 1-2 Cross left over right, step right to right
- 3&4 Cross left behind right, step right to right, on the ball of left spin ½ left
- 5-6 Step right forward, pivot ½ turn left
- 7&8 Step right forward, close left beside right, step right forward

STEP PIVOT, SHUFFLE, MAMBO FORWARD, MAMBO BACK

- 1-2 Step left forward, pivot ½ turn right
 - 3&4 Step left forward, close right beside left, step left forward
 - 5&6 Rock forward on right, replace weight onto left, replace weight onto right
 - 7&8 Rock back on left, replace weight onto right, replace weight onto left
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