

No Mas Amor

拍数: 96 墙数: 4 级数: Phrased Intermediate
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音乐: No Mas Amor "By" Willie Nelson & Alison Krauss



Sequence : A – B – A – B – A – B – A + Repeat Bloc 7 & 8 – B
Intro: 32 Counts

PART A : 64 counts

A01 Step Forward – Pivot ½ Turn Left With Hook – Shuffle Forward (2 x)

1-2-3 & 4 RF. step fwd – RF./LF. ½ Turning left with LF. hook – LF. step fwd – RF. step beside LF. – LF. step fwd
5-6-7 & 8 RF. Step fwd – RF./LF. ½ Turning left with LF. hook – LF. Step fwd – RF. step beside LF. – LF. step fwd

A02 Side Step – Behind – Side – Cross – Step ¼ Turn Left Back – Rock Back – Recover – Step Forward

1-2-3-4 RF. Step to the right side – LF. Step behind – RF. Step to right side – LF. Cross over RF.
5-6-7-8 RF. Step ¼ turn left back – LF. Rock back – Recover weight onto RF. – LF. Step fwd [09.00]

A03 Jazz Box – Cross – Rock Back – Recover – Walk Forward (R – L)

1-2-3-4 RF. Cross over LF. – LF. Step back – RF. Step to the right side – LF. Cross over RF.
5-6-7-8 RF. Rock back – Recover weight onto LF. – RF. Step forward – LF. Step forward

A04 Rock Forward – Recover – Right Chasse – Rock Forward – Recover – Left Chasse With ¼ Turn Left

1-2-3 & 4 RF. Rock fwd – Recover weight onto LF. – RF. Step to the right side – LF. step together – RF. Step to the right side
5-6-7 & 8 LF. Rock fwd – Recover weight onto RF. – LF. Step to the left side – RF. Step together – LF. Step ¼ turn left fwd [06.00]

A05 Skate Forward (R – L) – Lock Step Forward – Skate Forward (L – R) – Lock Step Forward (Diagonally)

1-2-3 & 4 RF. Step diag. right fwd – LF. Step diag. left fwd – RF. Step diag. right fwd – LF. Lock behind – RF. Step fwd
5-6-7 & 8 LF. Step diag. left fwd – RF. Step diag. right fwd – LF. Step diag. left fwd – RF. Lock behind – LF Step fwd

A06 Rock Forward – Recover – Shuffle ½ Turn Right – Shuffle ½ Turn Right – Rock Back – Recover

1-2-3 & 4 RF. Step fwd – Recover weight onto LF. – RF. Step ¼ turn right – LF. Step ¼ turn right – RF. Step together
5 & 6-7-8 LF. Step ¼ turn right – RF. Step ¼ turn right – LF. Step together – RF. Rock back – Recover weight onto LF.

A07 Rock Forward – Recover – Side Mambo – Side Rock – Recover – Left Chasse

1-2-3 & 4 RF. Step fwd – Recover weight onto LF. – RF. Step to the right side – Recover weight onto LF. – RF. Step beside LF.
5-6-7 & 8 LF. Step to the left side – Recover weight onto RF. – LF. Step to the left side – RF. Step together – LF. Step to the left side

A08 Side step – Behind – Side – Cross – Pivot ½ Turn Left - Pivot ¼ Turn Left

1-2-3-4 RF. Step to the right side – LF. Step behind – RF. Step to the right – LF. Cross over RF.
5-6-7-8 RF. Step fwd – RF./LF. Step ½ turn left – RF. Step fwd – RF./LF. Step ¼ turn left [09.00]

PART B : 32 counts

B01 Side Step – Behind – Side – Cross – Step Forward – ½ Turn Left And Hitch – Lock Step Back

1-2-3-4 RF. Step to the right side – LF. Step behind – RF. Step to the right – LF. Cross over RF.
5-6-7 & 8 RF. Step fwd – Pivot ½ turn left and hitch with LF. – LF. Step back – RF. Lock in front of LF. – LF. Step back

B02 Step Forward – Side Touch – Step Forward – Side Touch – Jazz Box

1-2-3-4 RF. Step fwd – LF. Touch to the left side – LF. Step forward – RF. Touch to the right side
5-6-7-8 RF. Cross over LF. – LF. Step back – RF. Step to the right side – LF. Step together beside RF.

B03 Side Step – Behind – Side – Cross – Step ¼ Turn Left Back – Rock Back – Recover – Step Forward

1-2-3-4 RF. Step to the right side – LF. Step behind – RF. Step to the right – LF. Cross over RF.
5-6-7-8 RF. Step ¼ turn left back – LF. Rock back – Recover weight onto RF. LF. Step fwd

B04 Jazz Box – Cross – Rock Back – Recover – Walk Forward (R – L)

1-2-3-4 RF. Cross over LF. – LF. Step back – RF. Step to the right side – LF. Cross over RF.
5-6-7-8 RF. Rock back – Recover weight onto LF. – RF. Step fwd – LF. Step fwd

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