

Mas Alla

拍数: 64 墙数: 1 级数: Intermediate/Advanced
编舞者: Alan Birchall (UK)
音乐: Más Allá (Beyond) - Gloria Estefan
或: Tres Desos (Dance Mix) - Gloria Estefan



ROCK RIGHT, RECOVER, CROSS SHUFFLE, WEAVE LEFT

1-2 Rock right to right, recover on left
3&4 Cross right over left, step left to left, cross right over left (legs still crossed)
5-6 Step left to left, step right behind left
7-8 Step left to left, step right in front of left

ROCK LEFT, RECOVER, CROSS SHUFFLE, WEAVE RIGHT

9-10 Rock left to left, recover on right
11&12 Cross left over right, step right to right, cross left over right
13-14 Step right to right, step left behind right
15-16 Step right to right, step left in front of right

HEEL SWITCH'S, ROCK RIGHT, CROSS SHUFFLE

17&18 Touch right heel forward, step right beside left, touch left heel forward
&19& Step left beside right, touch right heel forward, step right beside left
20& Touch left heel forward, step left beside right
21-22 Rock right to right, recover on left
23&24 Cross right over left, step left to left, cross right over left (legs still crossed)

HEEL SWITCH'S, ROCK LEFT, CROSS SHUFFLE

25&26 Touch left heel forward, step left beside right, touch right heel forward
&27& Step right beside left, touch left heel forward, step left beside right
28& Touch right heel forward, step right beside left
29-30 Rock left to left, recover on right
31&32 Cross left over right, step right to right, cross left over right

ROCK FORWARD, RECOVER, ¾ TRIPLE TURN RIGHT, ROCK FORWARD, RECOVER, LEFT COASTER STEP

33-34 Rock forward on right, recover on left
35&36 ¾ triple turn over right shoulder (backwards), stepping right, left, right, (weight ends on right)
37-38 Rock forward on left, recover on right
39&40 Step back on left, step right beside left, step forward on left

ROCK FORWARD, RECOVER, ¾ TRIPLE TURN RIGHT, ROCK FORWARD, RECOVER, LEFT COASTER STEP

41-42 Rock forward on right, recover on left
43&44 ¾ triple turn over right shoulder (backwards), stepping right, left, right, (weight ends on right)
45-46 Rock forward on left, recover on right
47&48 Step back on left, step right beside left, step forward on left (you should now be facing the back wall)

STEP ½ PIVOT, STEP ½ PIVOT, SIDE, BEHIND, SIDE SHUFFLE (RIGHT)

49-50 Step forward on right, make ½ pivot left
51-52 Step forward on right, make ½ pivot left
53-54 Step right to right, step left behind right
55&56 Step right to right, step left beside right, step right to right

CROSS ROCK, RECOVER, SIDE SHUFFLE, 2½, TURN TO LEFT

- 57-58 Cross rock left over right, recover on right
59&60 Step left to left, step right beside left, step left to left making ½ pivot turn left
61-62 Stepping on to right make ½ pivot to left (1 full turn), step onto left continue ½ pivot to left
63-64 Stepping onto right continue ½ pivot (2 full turns), stepping onto left continue ½ pivot to left

REPEAT

Alternative ending making ½ turn

CROSS ROCK, RECOVER, SIDE SHUFFLE, WEAWE LEFT WITH ½ TURN LEFT

- 57-58 Cross rock left over right, recover on right
59&60 Step left to left, step right beside left, step left to left
61-62 Step right over left, step left to left
63-64 Step right behind left making ¼ pivot left on ball right, step left to left making ¼ pivot left

If you find it easier you can make the ½ turn on the ball of the left foot

Last Update - 17 Sep 2023
