

Baila Mas mAs maS

拍数: 96 墙数: 2 级数: Phrased Intermediate
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音乐: DJ Dale Play - Mara



Intro: 52 counts - Sequence A48-B-A-B-A32-A-A-B-A32-A

PART A - 64 counts

Rock Recover, Shuffle Diag. Fwd (x2)

1-2 RF rock side, LF ? left and recover [10.30]
3&4 RF step forward, LF step beside, RF step forward
5-6 LF ? right and rock side, RF ? right and recover [1.30]
7&8 LF step forward, RF step beside, LF step forward

Jazz Box Point ? Turn, Rolling Vine Into Chassé Left

1-4 RF cross over, LF step back, RF ? right and step side, LF point side [3]
5-6 LF ¼ left and step forward, RF ½ left and step back
7&8 LF ¼ left and step side, RF together, LF step side [3]

Weave Left, Point, Cross, Back ¼ Left, Coaster Step

1-4 RF cross over, LF step side, RF cross behind, LF point side
5-6 LF cross over, RF ¼ left and step back
7&8 LF step back, RF together, LF step forward [12]

Out Hold (x2), Hip Bumps

1-4 RF step side (out), hold, LF step side (out), hold
5-8 bump hips right, hips left, hips right, hips left [12]

Side, Together, Shuffle ¼ R, Rock Step, Coaster Step

1-2 RF step side, LF together
3&4 RF step side, LF together, RF ¼ right and step forward
5-6 LF rock forward, RF recover
7&8 LF step back, RF together, LF step forward [3]

Point Fwd, Point Side, Sailor ¼ R, Point Fwd, Point Side, Sailor Step

1-2 RF point forward, RF point side
3&4 RF ¼ right and cross behind, LF step beside, RF step side
5-6 LF point forward, LF point side
7&8 LF cross behind, RF step beside, LF step side [6]

Point Side, Flick, Cross Shuffle, ¼ R, ¼ R, Cross Shuffle

1-2 RF point side, RF flick back
3&4 RF cross over, LF step side, RF cross over
5-6 LF ¼ right and step back, RF ¼ right and step side
7&8 LF cross over, RF step side, LF cross over [12]

Point Side, Flick, Cross Shuffle, ¼ R, ¼ R, Shuffle Forward

1-2 RF point side, RF flick back
3&4 RF cross over, LF step side, RF cross over
5-6 LF ¼ right and step back, RF ¼ right and step forward
7&8 LF step forward, RF step beside, LF step forward [6]

PART B - 32 counts

Walk Forward Zombie Style x8

both arms stretched forward

1-4 RF walk forward, LF walk forward, RF walk forward, LF walk forward

5-8 RF walk forward, LF walk forward, RF walk forward, LF walk forward

Side Together x4 With Arm Wave Movements

bend elbows, forearms and hands with stretched fingers diagonally upward

1 RF step side

bring both forearms and hands with an upward- down- upward wave movement crossed in front of chest (R arm inside), palms face outwards

2 LF together

recover arms to start position

3-8 repeat 3x steps 1-2

Step Back, Flick Hook Michael Jackson Style (x3), Step Back, Together

1&2 RF step back, LF flick side, LF hook forward

3&4 LF step back, RF flick side, RF hook forward

5&6 RF step back, LF flick side, LF hook forward

7-8 LF step back, RF together

Side Together Merengue Style x4

use hips, R hand on waist, L hand with bended elbow upward, palm forward

1-4 LF step side, RF together, LF step side, RF together

5-8 LF step side, RF together, LF step side, RF touch beside
