

Mas Alla (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Mabel Thompson (UK)
音樂: Más Allá (Beyond) - Gloria Estefan



Position: Sweetheart, both on the same foot
Adapted by Mabel Thompson from the line dance by Alan Birchall

ROCK, RECOVER, CROSS SHUFFLE & STEP SLIDES

Moving diagonally forward

1-2 Rock onto right, recover on to left
3&4 Cross right over left, step left to left, cross right over left
5-6 Step left to left, (diagonally) slide right to left heel
7-8 Step left to left, (diagonally) slide right to left heel

ROCK, RECOVER, CROSS SHUFFLE & STEP SLIDES

Moving diagonally forward

1-2 Rock on to left, recover on to right
3&4 Cross left over right, step right to right, cross left over right
5-6 Step right to right, (diagonally) slide right to left heel
7-8 Step right to right, (diagonally) slide right to left heel

TOE TOUCHES, ROCK RECOVER, CROSS SHUFFLE

1-2 Touch right toe to right side, touch right toe in front
3-4 Touch right toe to right side, touch right toe beside left
5-6 Rock on to right recover on to left
7&8 Cross right over left, step left to left, cross right over left, (moving forward)

TOE TOUCHES, ROCK RECOVER, CROSS SHUFFLE

1-2 Touch left toe to left side, touch left toe in front
3-4 Touch left toe to left side, touch left toe beside right
5-6 Rock on to left foot recover on to right foot
7&8 Cross left over right, step right to right, cross left over right, (moving forward)

ROCK, RECOVER, ½ TURN SHUFFLE, ROCK, RECOVER, COASTER STEP

1-2 Rock forward on right, recover onto left
3&4 Make a ½ turn shuffle on right, left, right

Finishing in Reverse Sweetheart facing RLOD

5-6 Rock forward on left, recover onto right
7&8 Step back on left, step together on right, step forward on left

ROCK, RECOVER, ½ TURN SHUFFLE, ROCK RECOVER, COASTER STEP

1-2 Rock forward on right, recover onto left
3&4 Make a ½ turn shuffle on right, left, right

Releasing left hands, man goes under ladies left arm rejoining in sweetheart position

5-6 Rock forward on left, recover onto right
7&8 Step back on left, step together on right, step forward on left

TWO ½ TURNS, STEP LOCK, SHUFFLE

1-2 Step forward on right dropping right hands and raising left, make ½ turn left
3-4 Step forward on right make ½ turn left, lady going under raised arm, rejoin into sweetheart position

5-6 Step forward on right, lock left behind right
7&8 Shuffle forward on right, left, right

ROCK, RECOVER, CROSS SHUFFLE, WALK FORWARD (LADY TURNING)

1-2 Rock to left side on left, recover onto right

3&4 Cross left over right, step to side on right, cross left over right, (cross shuffle)

5-8 Walk forward on right, left, right, left, dropping left hands raising right

Lady making a full turn under raise arms turning towards the man. Rejoin Sweetheart

REPEAT
