

# 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**

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