

Mas

拍數: 32 牆數: 4 級數: Improver
編舞者: David Sinfield (UK) - January 2012
音樂: Más - Ricky Martin



Start on Lyrics

SIDE ROCK, CROSS SHUFFLE, ROCK ¼ RIGHT, LEFT SHUFFLE

1-2 Rock right to right, replace weight onto left
3&4 Cross right over right, step left to left, cross right over left
5-6 Rock left to left, on the ball of right step ¼ turn right
7&8 Step left forward, step right beside left, step left forward

BOTA FOGO RIGHT, BOTA FOGO LEFT, CROSS, SIDE, SAILOR SHUFFLE

1&2 Step right forward, rock left to left, replace weight onto right
3&4 Step left forward, rock right to right, replace weight onto left
5-6 Cross right over left, step left to left
7&8 Step right behind left, step left to left, step right to right

CROSS, SIDE, SAILOR ½ TURN LEFT, STEP PIVOT, SHUFFLE

1-2 Cross left over right, step right to right
3&4 Cross left behind right, step right to right, on the ball of left spin ½ left
5-6 Step right forward, pivot ½ turn left
7&8 Step right forward, close left beside right, step right forward

STEP PIVOT, SHUFFLE, MAMBO FORWARD, MAMBO BACK

1-2 Step left forward, pivot ½ turn right
3&4 Step left forward, close right beside left, step left forward
5&6 Rock forward on right, replace weight onto left, replace weight onto right
7&8 Rock back on left, replace weight onto right, replace weight onto left
