

Mas Y Mas

COPPERKNOB
STEPSHEETS

拍數: 70 牆數: 2 級數: Improver
編舞者: Totoy Pinoy (USA) - April 2012
音樂: Mas y Mas - Los Fantasmas del Caribe : (CD: Lo Mejor de Los Fantasmas del Caribe - iTunes)



Start dancing after 64 counts from first beat

FORWARD ROCK, LOCK CHASSE BACK, BACK ROCK, LOCK CHASSE FORWARD

1-2 Rock left forward, recover to right
3&4 Locking chassé back left, right, left
5-6 Rock right back, recover to left
7&8 Locking chassé forward right, left, right

FORWARD ROCK, LOCK CHASSE BACK, BACK ROCK, TURN 1/2 LEFT, BALL STEP

1-6 Repeat 1-6, above section
7-8 Step right forward and turn 1/2 left, step left toe back

HOP BACK, TURN 1/2 LEFT, BALL STEP, HOP BACK (3X)

&1-2 Lift left heel hitching right knee, step right back, step left together
3-4 Step right forward and turn 1/2 left, step left toe back
&5-6 Lift left heel hitching right knee, step right back, touch left together
&7-8 Repeat &5-6
&9-10 Repeat &1-2

Arm styling for each hop step: palms facing sides, rub flats of hands together across chest, right hand toward back

CROSS-BALL-STEP (RIGHT, LEFT, RIGHT), WEAVE TO RIGHT, CROSS-BALL-STEP (LEFT, RIGHT, LEFT), WEAVE TO LEFT

1&2 Cross right over left, step ball of left slightly to left, step right in place
3&4 Cross left over right, step ball of right slightly to right, step left in place
5&6 Repeat 1&2
7-10 Cross left over right, step right to side, cross left behind right, step right to side
11-20 Repeat 1-10 with opposite footwork and direction

CROSS-BALL-STEP (RIGHT, LEFT, RIGHT), FORWARD WALKS

1-6 Repeat 1-6, above section
7-10 Step forward left, right, left, right

ANGLED FORWARD ROCK-ANGLED BACK ROCK WITH SWAYS (2X), TURN 1/2 RIGHT

1-2 Turn body to right diagonal and rock left forward, recover to right
3-4 Turn body to left diagonal and rock left back (hip left), recover to right (hip right)
5-6 Hip left, hip right
7-12 Repeat 1-6
13-14 Square off to wall and step left forward, turn 1/2 right

REPEAT

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