

Mas

拍數: 64 牆數: 2 級數: Beginner
編舞者: Sally Hung (TW) - January 2013
音樂: Más - Nelly Furtado



Sequence of dance: Tags on :-

T1. wall 2 after finishing S4, then Restart

T2. wall 3 after finishing S4, then Restart

Start the dance after 16 counts on lyrics

Tag (4 counts) Touch R toes to the R side and hold for 4 counts

S1. ROCK RECOVER, COASTER STEP, ROCK RECOVER, COASTER STEP

1,2,3&4 Rock fw on R, recover back on L, coaster step on RLR

5,6,7&8 Rock fw on L, recover back on R, coaster step on LRL

S2. TURN ¼ R STEP BACK R, RECOVER, TURN ½ L STEP FW, KICK, STEP BACK L, RECOVER, TURN ¼ R SIDE, KICK

1,2,3,4 Turn ¼ R stepping back on R, recover back on L, turn ½ L stepping fw on R, kick L fw

5,6,7,8 Step back on L, step R in place, turn ¼ R stepping L to L, kick R diagonal fw

S3. SIDE TOGETHER, CHASSAE, ROCK RECOVER. ¼ TURN L TRIPLE STEP

1,2,3&4 Step R to the R, step L beside R, step R to the R, step L beside R, step R to the R

5,6,7&8 Rock L across R, recover on R, ¼ turn L triple step on LRL

S4. CROSS TOUCH, CROSS TOUCH, JAZZ BOX

1,2,3,4 Cross step R over L, touch L to L side, cross step L over R, touch R to R side

5,6,7,8 Cross R over L, step back on L, step R to R side, step fw on L

S5. STEP TOUCH - STEP TOUCH R DIAGONAL FW, STEP TOUCH - STEP TOUCH L DIAGONAL FW

1,2,3,4 Step R diagonal R fw, touch L beside R, step R diagonal R fw, touch L beside R

5,6,7,8 Step L diagonal L fw, touch R beside L, step L diagonal L fw, touch R beside L

S6. STEP TOUCH - STEP TOUCH R DIAGONAL BACK, STEP TOUCH - STEP TOUCH L DIAGONAL BACK

1,2,3,4 Step R diagonal back on R, touch L beside R, step R diagonal back on R, touch L beside R

5,6,7,8 Step L diagonal back on L, touch R beside L, step L diagonal back on L, touch R beside L

S7. SIDE TOUCH, SIDE TOUCH, ½ TURN R BY WALK

1,2,3,4 Step R to R side, touch L beside R, step L to L side, touch R beside L

5,6,7,8 Make a ½ turn R by walk on R,L,R,L

S8. SIDE TOUCH, SIDE TOUCH, OUT, OUT, BACK, CLOSE

1,2,3,4 Step R to R side, touch L beside R, step L to L side, touch R beside L

5,6,7,8 Step R slightly fw(out), step L to side(out), step R back(in), step L together(in)

Have Fun & Happy Dancing!

Contact Sally Hung: hung1125@gmail.com