MAS

Choreographers: Paul & Linda Robinson, 14471 South 4050 Road, Oologah, OK 74053
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Music: **"Mas" By Luis Miguel – Time: 3:08**
Download from Amazon
Phase: **IV + 2 (Riff Turn, Contra Break) – Rhythm: Bolero**
Released: **November, 2020** **Difficulty: Average**
Footwork: **Opposite unless otherwise noted**

Sequence: Intro – A – INTER - B – A – INTER - B Mod 1 – B Mod 2 – End

INTRO

1-4 Turn Left To A Sit Line With Arms ;
Recover - Spiral With Arm Explosion To Bolero BJO ;
Sync Wheel ; Sync Wheel – Man Transition - FC Wall ;

S- **{Turn Left To A Sit Line}** Bk to bk M fc LOD - W fc RLOD - M R hnd on W L sd – R ft free for bth – when music starts mv R hnd to the L – trn LF bk R , L arm out infnt of bdy & R arm up & to sd of body, -, -, (Trn LF bk R , L arm out infnt of bdy & R arm up & to sd of body, -, -,) **;**

S- **{Recover - Spiral}** Rec L trng RF**,** bth arms up over hd & down to bolero BJO (Rec L trng RF**,** bth arms up over hd & down to bolero BJO) **;**

SQ&Q **{Sync Wheel}** Comm RF wheel fwd R, - , cont RF wheel fwd L / fwd R, cont RF wheel fwd L **;**

SQQ **{Sync Wheel – Man Trans}** Cont RF wheel fwd R, -, fwd L, fwd R fc wall

SQ&Q (Cont RF wheel fwd R, -, cont RF wheel fwd L / fwd R, cont RF wheel fwd L fc COH) **;**

PART A

1-4 Turning Basic ;; Right Pass ; New Yorker ;

SQQ **{Turning Basic}** Sd L, -, bk R trn 1/4 LF with slip pvt action, sd & fwd L trng 1/4 LF (Sd R, -, fwd L trng 1/4 LF with slip pvt action, sd & bk R trng 1/4 LF) **;**

SQQ Sd R, -, fwd L with cntra ck like action, bk R (Sd L, -, bk R with cntra ck like action, fwd L) fc COH **;**

SQQ **{Right Pass)** Fwd & sd L comm RF trn raise ld hnds strong L sd stretch, -, XRIB of L cont RF trn, fwd L (Fwd R, -, fwd L comm LF trn, bk R cont LF trn under raised ld hnds to fc prtnr) fc wall **;**

SQQ **{New Yorker}** Sd R with bdy rise, -, fwd L with slipping action lowering & comm RF trn to sd by sd pos, bk comm LF trn to fc prtnr (Sd L with bdy rise, -, fwd R with slipping action lowering & comm LF trn to sd by sd pos, bk L comm RF trn to fc prtnr) **;**

5-8 Underarm Turn – Man Circle Vine 3 (FC RLOD) ; Both Wheel 3 ;
Lady Swivel Into A Turning Basic ;;

SQQ **{Underarm Turn-Man Circle Vine}** Sd L with body rise, -, XRIB of L lowering comm smll RF trn, sd & fwd L fc RLOD (Sd R with bdy rise comm RF trn undr jnd ld hnds, -, XLIF of R lowering & cont trng 1/2 RF, fwd R comp RF trn to fc prtnr) **;**

SQQ **{Both Wheel 3}** Comm RF trn fwd R, -, cont RF trn fwd L, cont RF trn fwd R (Comm RF trn fwd L, -, cont RF trn fwd R, cont RF trn fwd L) fc wall – Note**:** M & W keep L sd to prtnr while wheeling **;**

SQQ **{Lady Swivel – Turning Basic}** Sd L, -, bk R trn 1/4 LF with slip pvt action, sd & fwd L trn 1/4 LF (Fwd R swvl RF, -, fwd L trng 1/4 LF with slip pvt action, sd & bk R trng 1/4 LF) **;**

SQQ Sd R, -, fwd L, rec R (Sd L, -, bk R, rec L) fc COH **;**

INTERLUDE

1-4 Corte & Sync Rock 3 ; Right Pass ;
Riff Turn – Both Roll 2 ; Start The Aida ;

SQQ& **{Corte & Rock 3}** Bk L, -, fwd R, bk L\fwd R, - (Fwd R, -, bk L, fwd R) **:**

SQQ **{Right Pass)** Fwd & sd L comm RF trn raise ld hnds strong L sd stretch, -, XRIB of L cont RF trn, fwd L (Fwd R, -, fwd L comm LF trn, bk R cont LF trn under raised ld hnds to fc prtnr) **;**

QQQQ **{Riff Turn – Both Roll 2}** Sd R raise ld hnds to strt W into LF spin, cls L, comm RF sd R, cont RF trn sd L (Sd & fwd L spn LF comp one full trn undr jnd ld hnds, cls R, comm LF trn

XLIF of R, cont LF trn sd L) **;**

SQQ **{Start The Aida}** To RLOD sd R, -, thru L, sd R (Sd L, -, thru R, sd L) to fc **;**

PART B

1-4 Aida Line – Rock 2 ;; FC - Roll 2 ; Turning Basic ;;

SQQ **{Aida Line - Rock 2}** Comm LF trn bk L, -, rk fwd R, rec L (Comm RF trn bk R -, rk fwd L, rec R) **;**

SQQ **{FC - Roll Away 2}** Comm RF trn fwd R to FC, -, comm LF trn ½ fwd L, cont LF trn ½ sd R (Comm RF trn fwd L to fc, -, cont RF trn ½ fwd R, cont RF trn ½ sd L) to fc **;**

SQQ **{Turning Basic}** Comm cls up sd L, -, bk R trng 1/4 LF with slip pvt action, sd & fwd L trng 1/4 LF (Sd R, -, fwd L trn 1/4 LF with slip pvt action, sd & bk R trn 1/4 LF) ;

SQQ Sd R, -, fwd L with cntra ck like action, bk R (Sd L, -, bk R with cntra ck like action, fwd L) fc COH **;**

5-8 Hand To Hand – Twice ;; Lady's Underarm Turn ; Man's Underarm Turn ;

SQQ **{Hand To Hand}** Sd L with bdy rise swvl 1/4 RF on wghtd ft to L Opn, -, bk R lowering, fwd L trning LF (Sd R with bdy rise swvl 1/4 LF on wghtd ft to L Opn, -, bk L lowering, fwd R trn RF) to fc **;**

SQQ **{Hand To Hand}** Sd R with bdy rise swvl 1/4 LF on wgtd ft to Opn, -, bk L lowering, fwd R swvl 1/4 RF (Sd L with bdy rise swvl 1/4 RF on wgtd ft to Opn, -, bk R lowering, fwd L swvl 1/4 LF) to fc **;**

SQQ **{Lady's Underarm}** Sd L with bdy rise, -, XRIB of L lwring, fwd L (Sd R with bdy rise comm RF trn undr jnd ld hnds, -, XLIF lwring & cont trn 1/2 RF, fwd R complt RF trn to fc prtnr) **;**

SQQ **{Man's Underarm}** Sd R with bdy rise comm RF trn under trail hnds, -, XLIF of R lwring & cont trn ½ RF, fwd L complt RF trn to fc prtnr (Sd L with bdy rise. -, XRIB of L lwring, fwd L) **;**

9-11 Sync Hip Rocks ; Cross Body ; Contra Break ;

SQQ& **{Sync Hip Rocks}** Cls up sd L, -, sd R, sd L /sd R **;**

SQQ **{Cross Body}** Sd & bk L trn LF, -, bk R with slipping action trn LF fc, fwd L trn LF (Sd & fwd R, -, fwd L XIF of M trn LF, small sd R) **;**

SQQ **{Contra Break}** Sd & fwd R with R sd stretch, -, fwd L with small stp with R shldr ld to contra ck action, rec bk R (Sd & bk L with L sd stretch, -, bk R with L sd ld to contra ck action, rec fwd L) **;**

REPEAT PART A

INTERLUDE

PART B Mod 1

1-4 Aida Line – Rock 2 ;; FC - Roll 2 ; Turning Basic ;;

Repeat Measure 1 – 4 of Part B **;;;;**

5-8 Hand To Hand – Twice ;; Spot Turn ; Start The Aida ;

Repeat Measures 5-6 of Part B **;;;;**

SQQ **{Spot Turn}** FC prtnr sd L with bdy rise comm LF trn, -, XRIF of L lwrng & cont LF trn on crssng ft 1/2, fwd L comp LF trn 1/4 to fc prtnr **;**

SQQ **{Start The Aida}** To RLOD sd R, -, XLIF of R, sd R (Sd L, -, thru R, sd L) to fc **;**

PART B Mod 2

1-4 Aida Line – Rock 2 ;; FC - Roll Away 2 ; Turning Basic ;;

Repeat Measure 1-4 of Part B

5-8 Hand To Hand – Twice ;; Lady's Underarm Turn ; Man's Underarm Turn ;

Repeat Measure 5-8 of Part B

ENDING

1-2 Start A Turning Basic To Cuddle ; Slow Contra Break – Extend Left Arms ;

SQQ **{Turning Basic}** Sd L, -, bk R trn 1/4 LF with slip pvt action, sd & fwd L trng 1/4 LF slide M's L hnd dwn W R arm to cuddle pos (Sd R, -, fwd L trng 1/4 LF with slip pvt action, sd & bk R trng 1/4 LF slide R arm to M's neck to cuddle) **;**

SS **{Slow Contra Break}** Sd & fwd R with R sd stretch, -, fwd L with small stp with R shldr ld to contra ck action, ld W R hnd to M L shldr extend L arm (Sd & bk L with L sd stretch, -, bk R with L sd ld to contra ck action, plc R hnd on M shldr extend L arm) **;**

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Phase: IV + 2 (Riff Turn, Contra Break) – Bolero – Back To Back Man FC LOD - Lady FC RLOD – Man's R Hand On Lady's L Side – Right Foot Free For Both –
Start When You Hear The Music **Released: November, 2020**

Sequence: Intro – A – INTER - B – A – INTER - B Mod 1 – B Mod 2 – End

INTRO

Turn Left To A Sit Line With Arms – Look At Partner ;
Recover - Spiral With Arm Explosion To Bolero BJO ;
Sync Wheel (SQ&Q) ; Sync Wheel – Man Transition 3 (SQQ) - FC Wall ;

PART A

Turning Basic ;; Right Pass ; New Yorker ;
Underarm Turn – Man Circle Vine 3 (FC Reverse) ; Both Wheel 3 ;
Lady Swivel Into A Turning Basic ;;

INTERLUDE

Corte & Sync Rock 3 (SQQ&) ; Right Pass ;
Riff Turn – Both Roll 2 (QQQQ) ; Start The Aida ;

PART B

Aida Line – Rock 2 ;; FC - Roll 2 ; Turning Basic ;;
2 Hand To Hands ;; Lady's Underarm Turn ; Man's Underarm Turn ;
Sync Hip Rocks (SQQ&) ; Cross Body ; Contra Break (To Wall) ;

PART A

Turning Basic ;; Right Pass ; New Yorker ;
Underarm Turn – Man Circle Vine 3 (FC Reverse) ; Both Wheel 3 ;
Lady Swivel Into A Turning Basic ;;

INTERLUDE

Corte & Sync Rock 3 (SQQ&) ; Right Pass ;
Riff Turn – Both Roll 2 (QQQQ) ; Start The Aida ;

PART B Mod 1

Aida Line – Rock 2 ;; FC - Roll 2 ; Turning Basic ;;
2 Hand To Hands ;; Spot Turn ; Start The Aida ;

PART B Mod 2

Aida Line – Rock 2 ;; FC - Roll Away 2 ; Turning Basic ;;
2 Hand To Hands ;; Lady's Underarm Turn ; Man's Underarm Turn ;

ENDING

Start A Turning Basic To Cuddle ; Slow Contra Break – Extend Left Arms ;