

No Mas Amor

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Count: 96 **Wall:** 4 **Level:** Phrased Intermediate

Choreographer: Marja Urgert & Tjwan Oei (Oct 2014)

Music: No Mas Amor "By" Willie Nelson & Alison Krauss

Sequence : A - B - A - B - A - B - A + Repeat Bloc 7 & 8 - B

Intro: 32 Counts

PART A : 64 counts

A01 Step Forward - Pivot $\frac{1}{2}$ Turn Left With Hook - Shuffle Forward (2 x)

1-2-3 & 4RF. step fwd - RF./LF. $\frac{1}{2}$ Turning left with LF. hook - LF. step fwd - RF. step beside LF. - LF. step fwd

5-6-7 & 8RF. Step fwd - RF./LF. $\frac{1}{2}$ Turning left with LF. hook - LF. Step fwd - RF. step beside LF. - LF. step fwd

A02 Side Step - Behind - Side - Cross - Step $\frac{1}{4}$ Turn Left Back - Rock Back - Recover - Step Forward

1-2-3-4RF. Step to the right side - LF. Step behind - RF. Step to right side - LF. Cross over RF.

5-6-7-8RF. Step $\frac{1}{4}$ turn left back - LF. Rock back - Recover weight onto RF. - LF. Step fwd
[09.00]

A03 Jazz Box - Cross - Rock Back - Recover - Walk Forward (R - L)

1-2-3-4RF. Cross over LF. - LF. Step back - RF. Step to the right side - LF. Cross over RF.

5-6-7-8RF. Rock back - Recover weight onto LF. - RF. Step forward - LF. Step forward

A04 Rock Forward - Recover - Right Chasse - Rock Forward - Recover - Left Chasse With $\frac{1}{4}$ Turn Left

1-2-3 & 4RF. Rock fwd - Recover weight onto LF. - RF. Step to the right side - LF. step together - RF. Step to the right side

5-6-7 & 8LF. Rock fwd - Recover weight onto RF. - LF. Step to the left side - RF. Step together - LF. Step $\frac{1}{4}$ turn left fwd [06.00]

A05 Skate Forward (R - L) - Lock Step Forward - Skate Forward (L - R) - Lock Step Forward (Diagonally)

1-2-3 & 4RF. Step diag. right fwd - LF. Step diag. left fwd - RF. Step diag. right fwd - LF. Lock behind - RF. Step fwd

5-6-7 & 8LF. Step diag. left fwd - RF. Step diag. right fwd - LF. Step diag. left fwd - RF. Lock behind - LF Step fwd

A06 Rock Forward - Recover - Shuffle $\frac{1}{2}$ Turn Right - Shuffle $\frac{1}{2}$ Turn Right - Rock Back - Recover

1-2-3 & 4RF. Step fwd - Recover weight onto LF. - RF. Step $\frac{1}{4}$ turn right - LF. Step $\frac{1}{4}$ turn right - RF. Step together

5 & 6-7-8LF. Step $\frac{1}{4}$ turn right - RF. Step $\frac{1}{4}$ turn right - LF. Step together - RF. Rock back - Recover weight onto LF.

A07 Rock Forward - Recover - Side Mambo - Side Rock - Recover - Left Chasse

1-2-3 & 4RF. Step fwd - Recover weight onto LF. - RF. Step to the right side - Recover weight onto LF. - RF. Step beside LF.

5-6-7 & 8LF. Step to the left side - Recover weight onto RF. - LF. Step to the left side - RF. Step together - LF. Step to the left side

A08 Side step - Behind - Side - Cross - Pivot $\frac{1}{2}$ Turn Left - Pivot $\frac{1}{4}$ Turn Left

1-2-3-4RF. Step to the right side - LF. Step behind - RF. Step to the right - LF. Cross over RF.

5-6-7-8RF. Step fwd - RF./LF. Step $\frac{1}{2}$ turn left - RF. Step fwd - RF./LF. Step $\frac{1}{4}$ turn left [09.00]

PART B : 32 counts

B01 Side Step - Behind - Side - Cross - Step Forward - $\frac{1}{2}$ Turn Left And Hitch - Lock Step Back

1-2-3-4RF. Step to the right side - LF. Step behind - RF. Step to the right - LF. Cross over RF.

5-6-7 & 8RF. Step fwd - Pivot $\frac{1}{2}$ turn left and hitch with LF. - LF. Step back - RF. Lock in front of LF. - LF. Step back

B02 Step Forward - Side Touch - Step Forward - Side Touch - Jazz Box

1-2-3-4RF. Step fwd - LF. Touch to the left side - LF. Step forward - RF. Touch to the right side

5-6-7-8RF. Cross over LF. - LF. Step back - RF. Step to the right side - LF. Step together beside RF.

B03 Side Step - Behind - Side - Cross - Step $\frac{1}{4}$ Turn Left Back - Rock Back - Recover - Step Forward

1-2-3-4RF. Step to the right side - LF. Step behind - RF. Step to the right - LF. Cross over RF.

5-6-7-8RF. Step $\frac{1}{4}$ turn left back - LF. Rock back - Recover weight onto RF. LF. Step fwd

B04 Jazz Box - Cross - Rock Back - Recover - Walk Forward (R - L)

1-2-3-4RF. Cross over LF. - LF. Step back - RF. Step to the right side - LF. Cross over RF.

5-6-7-8RF. Rock back - Recover weight onto LF. - RF. Step fwd - LF. Step fwd

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