

## Mas O Menos

Choreographed By Ruben Luna – [rsluna2@aol.com](mailto:rsluna2@aol.com) Phone (626) 319-1900

Description: 32 Count, 4 wall Low Intermediate dance – 1 tag done twice on wall 1 and 3

Dance begins 48 counts after music starts (when singer says...Mas Que Nada)

Music: Mas Que Nada (House Mix) – Latin Carnival available on itunes!

### **Side shuffle left, 1/2 turn left hitch right, side shuffle right, 1/2 turn right hitch left, side shuffle to left, kick ball change**

- 1&2& Step left to left side, step right next to left, step left to side, 1/2 turn left (6:00) hitch right foot  
3&4& Step right to right side, step left next to right, step right to right side, 1/2 turn right (12:00) hitch left foot  
5&6 Step left to left side, right next to left, step left to side  
7&8 Kick right forward, step ball of right besides left, step left in place

### **Rock forward right, recover left, coaster step, 1/4 turn right step left foot to side, step right next to left, triple step**

- 1-2 Rock right foot forward, recover on left  
3&4 Step right foot back, step left next to right, step right foot forward  
5-6 1/4 turn to right (3:00) step left to side, step right next to left  
7&8 Step left to side, step right next to left, step left to side

### **1/4 turn right shuffle, 1/2 pivot turn right, shuffle left forward, 1/2 pivot turn to left**

- 1&2 1/4 turn right,(6:00) step right foot forward left next right, step right forward.  
3-4 Step forward with left foot, 1/2 pivot turn to right (12:00), changing weight to right  
5&6 Step forward left, step right next to left, step forward left  
7-8 Step forward with right foot, 1/2 pivot turn to left (6:00), changing weight to left

### **Vine right, 1/4 turn right, step left, forward mambo right, back mambo left**

- 1-2 Step right foot to right side, step left behind right,  
3-4 1/4 turn to right (9:00) step right foot forward, step left next to right  
5&6 Rock forward on right, recover weight on left, Step right next to left  
7&8 Rock back on left, recover weight on right, touch left next to right (weight on right)

16 count tag done at the end of wall 1 (9:00) and 3 (3:00).

### **Step onto left, point forward right, point to right side, step forward right, rock left, recover right, vine right**

- 1-2 Step onto left foot (slightly forward), point right foot in front of you  
3-4 Point right to right side, step right in front of you (placing weight onto right)  
5-6 Rock left to left side, recover onto right  
7&8 Cross left behind right, step right to right side, cross left in front of right (weight on left).

### **Side mambo right, side mambo left, jazz box with shoulder shimmy**

- 1&2 Step right to right side, recover on left, step right next to left.  
3&4 Step left to left side, recover onto right, step, step left next to right  
5-6 Cross right in front of left, step back on left (add shoulder shimmy while doing jazz box)  
7-8 Step right to right side, touch left next to right