

# Mas Que Nada

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Helene Callmyr (SWE) - October 2014

Musik: Mas Que Nada (feat. The Black Eyed Peas) - Sergio Mendes



## MAMBOSTEP RIGHT SIDE, LEFT SIDE, REPEAT

- 1 RF□ Step slightly to right side  
& LF□ Weight change to left  
2 RF□ Step together
- 3 LF□ Step slightly to left side  
& RF□ Weight change to right  
4 LF□ Step together
- 5 – 8 repeat same as for count 1 - 4

## BASIC SAMBA STEPS, RIGHT, LEFT, ¼ TURN LEFT SAMBA STEPS, LEFT

- 9 RF□ Step to right  
& LF□ Step cross behind RF (extended fifth position)  
10 RF□ Step in place  
11 LF□ Step to left  
& RL□ Step cross behind RF (extended fifth position)  
12 RF□ Step in place
- 13 RF□ turn ¼ to left, step to right  
& LF□ Step cross behind RF (extended fifth position)  
14 RF□ Step in place  
15 LF□ Step to left  
& RL□ Step cross behind RF (extended fifth position)  
16 RF□ Step in place

## SAMBA TRIPPLE FORWARD, STEP BACK, ¼ TURN LEFT

- 17 RF□ Step slightly forward (09.00)  
& LF□ Step close to right, weight on left (to get that samba rock feeling)  
18 RF□ Step slightly forward
- 19 LF□ Step slightly forward  
& RF□ Step close to left, weight on right (to get that samba rock feeling)  
20 LF□ Step slightly forward
- 21 RF□ Step back  
22 LF□ Step back  
23 RF□ Step back  
24 LF□ Turn ¼ to left, step to side

## HIPBUMBPS, MAMBO STEPS, HIPBUMBPS

- 25 RF□ Move hips to right  
26 LF□ Move hips to left  
27 RF□ Step slightly forward  
& LF□ Recover, weight change to left  
28 RF□ Step beside left

- 29 LF☐Step slightly back
- & RF☐Recover, weight change to right
- 30 LF☐Step beside left
- 31 RF☐Move hips to right
- 32 LF☐Move hips to left

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