

Mas Que Nada

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Ayu Permana (INA) - October 2018

Musique: Mas Que Nada - Nossa



The dance starts after 32 counts music intro

Sequence: 32 - 32 - 16 - 32 - 32 - 16 - 32 - bridge - 32 - 32 - 32 - 32

SECTION 1. FORWARD - BACK - SWEEP & BACK - (LEFT&RIGHT) SIDE MAMBO - COASTER STEP 1/4 TURN (09.00)

- 1-2-3 Step R in front of L - Step back on L - Sweep and step R behind L
4&5 Step/rock L to left side - Recover on R - Step L close to R
6&7 Step/rock R to right side - Recover on L - Step R close to L
8&1 Make 1/4 turn left, step back on L (09.00) - Step R close to L - Step L forward

SECTION 2. FORWARD - RECOVER - SHUFFLE 1/2 TURN - FORWARD MAMBO - BACK - 1/4 TURN - FORWARD (06.00)

- 2-3 Step /rock R forward - Recover on L
4&5 Turn 1/2 right, step R forward - Step L close to R - Step R forward
6&7 Step/rock L forward - Recover on R - Step L backward
8&1 Step R backward - Turn 1/4 right, step L to beside R - **) Step R forward
**) Restarts here on walls 3 and 6 .. use the last count (1) as the first count of the next wall

SECTION 3. SIDE - RECOVER - BACK - STEP - RECOVER - COASTER STEP - FORWARD LOCKSTEP (06.00)

- 2-3 Step/rock L to left side - Recover on R
4&5 Step L backward - Step R in front of L - Recover on R
6&7 Step R backward - Step L next to R - Step R forward
8&1 Step L forward - Step R behind L - Step L forward

SECTION 4. BOTAFOGO - CROSS - SIDE - 1/4 TURN - FORWARD - 1/2 PIVOT TURN - 1/4 TURN - TOGETHER (09.00)

- 2&3 Cross R over L.- Step/rock L to left side - Recover on R
4&5 Cross L over R.- Step/rock R to right side - Turn 1/4 left, step L forward (03.00)
6-7 Step R forward - Turn 1/2 left, stepping on L (09.00)
8& Turn 1/4 left, step R to right side (06.00) - Step ball L beside R

REPEAT

NOTE:

After dancing up to wall 7 .. entering wall 8, the rhythm of music changes to be more exciting for 32 counts. Especially for wall 8, please do the following steps below, until 32 count is completed. After that, for the next wall (wall 9) start again the dance (main dance) from the beginning ... until the dance finishes (wall 12) ...

BRIDGE (32 counts)

Please do this part for wall 8 only .. facing back wall (06.00)

I. CRISS CROSS VOLTA - (LEFT&RIGHT) MAMBO (06.00)

- 1&2&3&4 Cross R over L - Step L slightly to left side - Cross R over L - Step L slightly to left side - Cross R over L - Step L slightly to left side - Cross R over L
5&6 Step/rock L to left side - Recover on R - Step L next to R
7&8 Step/rock R to right side - Recover on L - Step R next to L

II. CRISS CROSS VOLTA - (RIGHT&LEFT) MAMBO (06.00)

- 1&2&3&4 Cross L over R - Step R slightly to right side - Cross L over R - Step R slightly to right side -
Cross L over R - Step R slightly to right side - Cross L over R
- 5&6 Step/rock R to right side - Recover on L - Step R next to L
- 7&8 Step/rock L to left side - Recover on R - Step L next to R

III. FULL VOLTA TURN - SIDE - RECOVER - SAILOR 1/2 TURN (12.00)

- 1&2& Turn 1/4 right, crossing R over L (09.00)– Step L behind R – Turn 1/4 right, cross R over L
(12.00) – Step L behind R
- 3&4 Turn 1/4 right, cross R over L (03.00)– Step L behind R – Turn 1/4 right, cross R over L
(06.00)
- 5-6 Step/rock L to left side - Recover on R
- 7&8 Step/cross L behind L, making 1/2 turn left (12.00) - Step R to right side - Step L to left side

IV. OUT, OUT - IN, IN - (FORWARD&BACK) MAMBO (12.00)

- 1-2-3-4 Step R forward diagonally right - Step L forward diagonally left - Step R backward to center -
Step L close to R
- 5&6 Step/rock R forward - Recover on L.- Step R close to L
- 7&8 Step/rock L backward - Recover on R.- Step L close to R

RESTARTS:

On walls 3 and 6 after 16 counts (Section 2)

Use the last count (1) of Section 2 as the first count of the next wall

HAVE FUN AND HAPPY DANCING ..

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