

Mas Que Nada

拍数: 32 墙数: 2 级数: Beginner
编舞者: Helene Callmyr (SWE) - October 2014
音乐: 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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