

Mas Que Nada

COPPER KNOB
STEPSHEETS

拍数: 16 墙数: 4 级数: Absolute Beginner
编舞者: Hiroko Carlsson (AUS) - September 2021
音乐: Mas Que Nada - Sergio Mendes & Brasil '66



(Intro: 16 count/ Dance starts on lyrics)

[S1] R Side Mambo, L Side Mambo, Mambo Fwd, Mambo Back

1&2 Step R to the side, Recover weight back onto L, Step R next to L
3&4 Step L to the side, Recover weight back onto R, Step L next to R
5&6 Step forward on R, Recover weight back onto L, Slightly step back on R
7&8 Step back on L, Recover weight back onto R, Slightly step forward on L

[S2] Box 1/4R Turn, Syncopated Rocking Chair, Step-Pivot 1/2L

1 2 Cross R over L, Make a 1/4 turn right stepping back on L
3 4 Step R to the side, Step forward on L
5& Rock forward on R, Replace weight on L
6& Rock back on R, Replace weight on L
7 8 Step forward on R, Make a 1/2 turn left replace weight on L

No tags or restarts

Ending suggestion:

The last wall starts facing 9:00. Dance up to count 4, then
Step forward on R (5), Recover weight back onto L (&), Make a 1/4 turn right stepping forward on R (6), Cross
L over R (7), Hold (8) (12:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 15/Sept/21)
