

# Mas Que Nada 2022

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: High Beginner  
编舞者: Marnyah Supardji (INA) - December 2022  
音乐: Mas Que Nada - Nossa



Intro music 32C  
Intro dance 32C  
Main dance 32C

## #Intro dance

### S1# V STEP 2X

1-2            Step R diagonal forward to right, step L diagonal forward to left  
3-4            Step R back to center, close L together  
5-6            Step R forward diagonal to right, step L forward diagonal to left  
7-8            Step R back to center, close L together R

### S2# ( CROSS ROCK -CHASSE) RL

1-2            Cross R over L, recovered on L  
3&4            Step R to side, close L together, step R to side  
5-6            Cross L over R, recovered on R  
7&8            Step L to side, close R together, step L to side

### S3# V STEP (2X )

1 -2            Step R diagonal forward to right, step L diagonal forward to left  
3-4            Step R back to center, close L together  
5-6            Step R diagonal forward to right, step L diagonal forward to left  
7-8            Step R back to center, close L together R

### S4# ( CROSS ROCK-CHASSE) RL

1-2            Cross R over L, recovered on L  
3&4            Step R to side, close L together, step R to side  
5-6            Cross L over R, recovered on R  
7&8            Step L to side, close R together, step L to side

## #Main dance

### S1# KICK BALL CHANGE 2X- BOTAFOGO

1&2            Kick R forward, step ball R together, step L in place  
3&4            Kick R forward, step Ball R together , step L in place  
5&6            cross R over L, step ball L to side, step R in place  
7&8            cross L over R, step ball R to side, step L in place

### S2# FORWARD MAMBO- BACK MAMBO- (SIDE MAMBO)RL

1&2            Step R forward, step L in place, step R backward  
3&4            Step L backward, step R in place, step L forward  
5&6            Step R to side, step L in place, close R together  
7&8            Step L to side, step R in place, close L together

\*Restart here at wall 2 & wall 5

### S3# SYNCOPATED CROSSES- SAMBA WHISK

1&            Cross R over L, toe struts L slightly opened side  
2&3&        Repeat (1&) 2x  
4            Cross R over L  
5 a6        Big step L to left side, step ball of R slightly behind L, recovered weight on to L

7 a8                    Big step R to right side, step ball of L slightly behind R, recovered weight on to R

**S4# FORWARD ROCK- COASTER STEP- JAZZ BOX 1/4 TURN RIGHT WITH SHIMMY SHOULDER**

1-2                    Step L forward, recovered on R

3&4                    Step L back, close R back together, step L forward

5-6                    cross R over L, ¼ turn right step L back (facing 3.00) (with shimmy shoulder)

7-8                    Step R to side, step L forward (with shimmy shoulder )

**Contact : Marnyah Supardji**

**Email: [marnyah.supardji@gmail.com](mailto:marnyah.supardji@gmail.com)**

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