

Mendes Light

拍数: 24 墙数: 4 级数: Beginner
编舞者: Carola Helin
音乐: Mas Que Nada (feat. The Black Eyed Peas) - Sergio Mendes



MAMBO CROSS & CROSS & CROSS, MAMBO CROSS, TURN ¼, TURN ¼

1&2 Rock left to left side, recover, cross step left over right
&3&4 Step right to right side, cross step left over right, step right to right side, cross step left over right
5&6 Rock right to right side, recover, cross step right over left
7-8 Make ¼ turn to right stepping back on left, ¼ turn to right stepping right to right side

FORWARD SIDE TOGETHER, BACK SIDE TOGETHER, STEP LOCK STEP, TOUCH HOLD

1&2 Step left forward, right to side, step left next to right
3&4 Step right back, left to side, step right next to left
5&6 Step left forward, lock right behind left, step forward on left
7-8 Touch right toe next to left, hold

CHASSE, ¼ HINGE, ¼ HINGE, ¼ CHASSE, CROSS, TOUCH

1&2 Step right to right side, step left next to right, step right to right side
3-4 Make ¼ turn to left stepping left to left side, make ¼ turn to left stepping right to right side
5&6 Make ¼ turn to left stepping left to left side, step right next to left, step left to left side
7-8 Cross right over left, touch left next to right

REPEAT
