

Mas Que Nada

COPPER **NOB**
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Maureen Jones (UK) & Michelle Jones (UK) - October 2008
音乐: Mas Que Nada - Jane McDonald : (CD: Jane)



Intro 16 counts

BACK ROCK, SIDE, BACK ROCK, SIDE, CROSS ROCK, SIDE ROCK, BEHIND, SIDE, ACROSS

1&2 Rock right behind left, recover onto left, step right to right
3&4 Rock left behind right, recover onto right, step left to left
5&6& Rock right across left, recover onto left, rock right to right, recover onto left
7&8 Step right behind left, step left to left, step right across left

SIDE ROCK, ¼ TURN, STEP, STEP, 1/2 PIVOT, STEP, STEP, 1/4 PIVOT, STEP, STEP, ½ PIVOT, STEP

9&10 Rock left to left, recover onto right making ¼ turn right, step left forward
11&12 Step right forward, pivot ½ turn left, step right forward
13&14 Step left forward, pivot ¼ turn right, step left forward
15&16 Step right forward, pivot ½ turn left, step right forward

FORWARD MAMBO, BACK MAMBO, LOCK SHUFFLE, STEP, ¼ PIVOT, CROSS

17&18 Rock left forward, recover onto right, step left beside right
19&20 Rock right back, recover onto left, step right beside left
21&22 Step left forward, lock right behind left, step left forward
23&24 Step right forward, pivot ¼ turn left, step right across left

SYNCOATED WEAVE, BACK ROCK, SWAY, 1/4 TURN, ½ TURN, SIDE, HOLD

&25&26S tep left to left, step right behind left, step left to left, step right across left
&27&28 Step left to left, rock right behind left, recover onto left, step right to right & sway right
29-30 Recover weight onto left making ¼ turn left, on ball of left make ½ turn left and step right back
31-32 Step left to left, hold