

Mas Que Nada

拍數: 32 牆數: 2 級數: Beginner
編舞者: Helene Callmyr (SWE) - October 2014
音樂: Mas Que Nada (feat. The Black Eyed Peas) - Sergio Mendes



MAMBOSTEP RIGHT SIDE, LEFT SIDE, REPEAT

- 1 RF□ Step slightly to right side
&
2 LF□ Weight change to left
 RF□ Step together
- 3 LF□ Step slightly to left side
&
4 RF□ Weight change to right
 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
&
10 LF□ Step cross behind RF (extended fifth position)
11 RF□ Step in place
12 LF□ Step to left
&
13 RL□ Step cross behind RF (extended fifth position)
14 RF□ Step in place
15 LF□ Step to left
&
16 RL□ Step cross behind RF (extended fifth position)
17 RF□ Step in place
- 18 RF□ turn ¼ to left, step to right
&
19 LF□ Step cross behind RF (extended fifth position)
20 RF□ Step in place
21 LF□ Step to left
&
22 RL□ Step cross behind RF (extended fifth position)
23 RF□ Step in place

SAMBA TRIPPLE FORWARD, STEP BACK, ¼ TURN LEFT

- 24 RF□ Step slightly forward (09.00)
&
25 LF□ Step close to right, weight on left (to get that samba rock feeling)
26 RF□ Step slightly forward
- 27 LF□ Step slightly forward
&
28 RF□ Step close to left, weight on right (to get that samba rock feeling)
29 LF□ Step slightly forward
- 30 RF□ Step back
31 LF□ Step back
32 RF□ Step back
33 LF□ Turn ¼ to left, step to side

HIPBUMBPS, MAMBO STEPS, HIPBUMBPS

- 34 RF□ Move hips to right
35 LF□ Move hips to left
36 RF□ Step slightly forward
&
37 LF□ Recover, weight change to left
38 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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