

# 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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