

Mas Que Nada 2022

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: High Beginner
編舞者: Marnyah Supardji (INA) - December 2022
音樂: 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)

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