

# Mendes Light

拍數: 24      牆數: 4      級數: Beginner  
編舞者: Carola Helin  
音樂: 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

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