

# Mendes..

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Neville Fitzgerald (UK)  
音樂: Mas Que Nada (feat. The Black Eyed Peas) - Sergio Mendes : (CD Single)



Starts on main vocal- Mas Que Nada.

## Side Mambo Step, Rock & Cross, 1&1/4 Reverse Paddle Turn.

- 1&2      Rock to Left side on Left, recover on Right, step Left next to Right.
- 3&4      Rock to Right side on Right, recover on Left, cross step Right over Left.
- 5      Make 1/4 turn to Right stepping back on Left.
- &6&      1/4 turn Right stepping forward Right, 1/4 turn Right stepping back on Left, step forward on Right.
- 7&8      1/4 turn Right stepping back on Left, 1/4 turn Right stepping forward on Right, step forward Left.

(Simplified: Counts 5-8 make 1 & 1/4 turn to Right stepping L-R-L-R-L-R-L? almost on the spot)

## Mambo Step, Coaster Step Lock Step, Touch, Side Together Back.

- 1&2      Rock forward on Right, recover on Left, step Right next to Left.
- 3&4      Step back on Left, step Right next to Left, step forward on Left.
- &5-6      Lock Right behind Left, step forward on Left, touch Right next to Left.
- 7&8      Step Right to Right side, step Left next to Right, step back on Right.

## Side Together Forward, Side Together Side, 1/4 Hinge, 1/4 Hinge, 1/4 Turn Together Side.

- 1&2      Step Left to Left side, step Right next to Left, step forward on Left.
- 3&4      Step Right to Right side, step Left next to Right, step Right to Right side.
- 5-6      Make 1/4 turn to Left stepping Left to Left side, 1/4 turn to Left stepping Right to Right side.
- 7&8      Make 1/4 turn to Left stepping Left to Left side, step Right next to Left, step Left to Left side.

## Step Rock Step, Step Rock Step, Step 3/4 Side, Behind & Cross.

- 1&2      Step Right forward & across Left, rock to Left side on Left, recover on Right.
- 3&4      Step Left forward & across Right, rock to Right side on Right, recover on Left.
- 5&6      Step forward on Right, pivot 1/2 turn to Left, make 1/4 turn Left stepping Right to Right side.
- 7&8      Cross step Left behind Right, step Right to Right side, cross step Left over Right.

## Rock & Cross & Cross & Cross, 1/4 Turn, 1/4 Turn, Cross & Cross.

- 1&2      Rock Right to Right side, recover on Left, cross step Right over Left.
- &3&4      Step Left to Left side, cross step Right over Left, step Left to Left side, cross step Right over Left.
- 5-6      Make 1/4 turn to Right stepping back on Left, 1/4 turn to Right stepping Right to Right side.
- 7&8      Cross step Left over Right, step Right to Right side, cross step Left over Right.

## Kick Out, Out & Cross Touch Kick, Syncopated Weave to Left.

- 1&2      Kick Right forward, step Right slightly to Right side, step Left slightly to Left side.
- &3      Step Right next to Left, cross step Left over Right.
- &4      Touch Right toe next to Left, Kick Right forward Diagonal Right .
- 5&6      Cross step Right behind Left, step Left to Left side, cross step Right over Left.
- &7&8      Step Left to Left side, cross step Right behind Left, step left to Left side, cross step Right over Left.