

# Mas Que Nada

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BY STEPHEN METZ

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音樂: Mas Que Nada - Jane McDonald : (CD: Jane)



## Intro 16 counts

### **BACK ROCK, SIDE, BACK ROCK, SIDE, CROSS ROCK, SIDE ROCK, BEHIND, SIDE, ACROSS**

1&2      Rock right behind left, recover onto left, step right to right  
3&4      Rock left behind right, recover onto right, step left to left  
5&6&      Rock right across left, recover onto left, rock right to right, recover onto left  
7&8      Step right behind left, step left to left, step right across left

### **SIDE ROCK, ¼ TURN, STEP, STEP, 1/2 PIVOT, STEP, STEP, 1/4 PIVOT, STEP, STEP, ½ PIVOT, STEP**

9&10      Rock left to left, recover onto right making ¼ turn right, step left forward  
11&12      Step right forward, pivot ½ turn left, step right forward  
13&14      Step left forward, pivot ¼ turn right, step left forward  
15&16      Step right forward, pivot ½ turn left, step right forward

### **FORWARD MAMBO, BACK MAMBO, LOCK SHUFFLE, STEP, ¼ PIVOT, CROSS**

17&18      Rock left forward, recover onto right, step left beside right  
19&20      Rock right back, recover onto left, step right beside left  
21&22      Step left forward, lock right behind left, step left forward  
23&24      Step right forward, pivot ¼ turn left, step right across left

### **SYNCOATED WEAVE, BACK ROCK, SWAY, 1/4 TURN, ½ TURN, SIDE, HOLD**

&25&26S      tep left to left, step right behind left, step left to left, step right across left  
&27&28      Step left to left, rock right behind left, recover onto left, step right to right & sway right  
29-30      Recover weight onto left making ¼ turn left, on ball of left make ½ turn left and step right back  
31-32      Step left to left, hold