

Mas Que Nada

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Kate Sala (UK)

Musik: Mas Que Nada (feat. The Black Eyed Peas) - Sergio Mendes



WALK FORWARD, ½ TURN RIGHT, COASTER STEP, WALK FORWARD, ½ TURN LEFT, COASTER STEP

- 1-2 Step forward on right, turn ½ right stepping back on left
- 3&4 Step back on right, step left next to right, step forward on right
- 5-6 Step forward on left, turn ½ left stepping back on right
- 7&8 Step back on left, step right next to left, step forward on left

FRONT SAILOR STEP, LEFT SAILOR STEP, RIGHT COASTER STEP ¼ TURN RIGHT, SIDE ROCK ¼ TURN RIGHT

- 1&2 Cross step right over left, step left to left side, step right in place
- 3&4 Cross step left behind right, step right to right side, step left in place
- 5&6 Turn ¼ right stepping back on right, step left next to right, step forward on right
- 7&8 Side rock on left to left side, turn ¼ right stepping right in place, step forward on left

FULL TURN LEFT WITH 3 PADDLE TURNS, STEP FORWARD, ROCKING CHAIR, LEFT SIDE KICK WITH HOP

- 1& Turn ¼ left touching right toe out to right side, recover weight on left
- 2& Turn ¼ left touching right toe out to right side, recover weight on left
- 3& Turn ¼ left touching right toe out to right side, recover weight on left
- 4 Turn ¼ left stepping forward on right, facing 6:00
- 5&6& Rock forward on left, rock back on right, rock back on left, rock forward on right
- 7& Rock forward on left, small hop back on right
- 8 Small jump to the right on right while kicking left out to left side

LEFT SAILOR STEP, RIGHT KNEE IN, OUT, HITCH, SIDE KICK, BEHIND, STEP LEFT, RIGHT CHASSE

- 1&2 Cross step left behind right, step right out to right side, step left to left side
- 3&4 Turn right knee in towards left, turn right knee out, hitch right knee up and across left, (or just turn right knee in again)
- 5&6 Kick right out to right side, cross step right behind left, step left to left side
- 7&8 Step on right to right side, step left next to right, step on right to right side

TAP LEFT TOE IN, OUT, IN, HITCH, COASTER STEP, TURN ¼ LEFT SIDE ROCK & CROSS, LEFT WEAVE

- 1&2 Touch left toe next to right instep, touch left toe out to left side, touch left toe next to right instep
- & Hitch left knee up with a hope on the right in place
- 3&4 Step back on left, step right next to left, step forward on left
- 5&6 Turn ¼ left and rock on right out to right side, recover on to left, 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 in front of left

LEFT SIDE ROCK, TURN ¼ RIGHT & STEP FORWARD, TURN ½ RIGHT, TURN ¼ RIGHT, CROSS ROCK, SIDE ROCK, BACK ROCK, SIDE STEP, BEHIND

- 1&2 Rock on left out to left side, turn ¼ right stepping right in place, step forward on left
- 3-4 Walk around ¾ turn right on right, left to bring you back to the 3:00 wall
- 5&6& Cross rock right over left, recover on to left, side rock on right to right side, recover on to left
- 7& Rock on right behind left, recover on to left

8&

Step right to right side, step ball of left behind right

REPEAT
