

Mas Que Nada

Count: 32

Wall: 2

Level: Beginner

Choreographer: Helene Callmyr (SWE) - October 2014

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



MAMBOSTEP RIGHT SIDE, LEFT SIDE, REPEAT

- 1 RF□ Step slightly to right side
- & LF□ Weight change to left
- 2 RF□ Step together

- 3 LF□ Step slightly to left side
- & RF□ Weight change to right
- 4 LF□ Step together

- 5 – 8 repeat same as for count 1 - 4

BASIC SAMBA STEPS, RIGHT, LEFT, ¼ TURN LEFT SAMBA STEPS, LEFT

- 9 RF□ Step to right
- & LF□ Step cross behind RF (extended fifth position)
- 10 RF□ Step in place
- 11 LF□ Step to left
- & RL□ Step cross behind RF (extended fifth position)
- 12 RF□ Step in place

- 13 RF□ turn ¼ to left, step to right
- & LF□ Step cross behind RF (extended fifth position)
- 14 RF□ Step in place
- 15 LF□ Step to left
- & RL□ Step cross behind RF (extended fifth position)
- 16 RF□ Step in place

SAMBA TRIPPLE FORWARD, STEP BACK, ¼ TURN LEFT

- 17 RF□ Step slightly forward (09.00)
- & LF□ Step close to right, weight on left (to get that samba rock feeling)
- 18 RF□ Step slightly forward

- 19 LF□ Step slightly forward
- & RF□ Step close to left, weight on right (to get that samba rock feeling)
- 20 LF□ Step slightly forward

- 21 RF□ Step back
- 22 LF□ Step back
- 23 RF□ Step back
- 24 LF□ Turn ¼ to left, step to side

HIPBUMBPS, MAMBO STEPS, HIPBUMBPS

- 25 RF□ Move hips to right
- 26 LF□ Move hips to left
- 27 RF□ Step slightly forward
- & LF□ Recover, weight change to left
- 28 RF□ Step beside left

29 LF☐Step slightly back
& RF☐Recover, weight change to right
30 LF☐Step beside left
31 RF☐Move hips to right
32 LF☐Move hips to left

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