

Mas Que Nada

COPPER **KNOB**
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK)
音乐: 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
