

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.