

Mendes Light

24 count, 4 wall, beginner level

Choreographer: Carola Helin (September 2006)

Choreographed to: Mas Que Nada by Sergio Mendes,
featuring Black Eyed Peas

Start on vocal..Mas Que Nada.

MAMBO CROSS & CROSS & CROSS, MAMBO CROSS, TURN ¼, TURN ¼.

- 1&2 Rock left to left side, recover, cross step left over right.
&3&4 Step right to right side, cross step left over right, Step right to right side, cross step left over right.
5&6 Rock right to right side, recover, cross step right over left.
7-8 Make ¼ turn to right stepping back on left, ¼ turn to right stepping right to right side.

FORWARD SIDE TOGHETER, BACK SIDE TOGHETER, STEP LOCK STEP, TOUCH HOLD.

- 1&2 Step Left forward, right to side, step left next to right.
3&4 Step Right back, left to side, step right next to left.
5&6 Step left forward, lock right behind left, step forward on left.
7-8 Touch right toe next to left, hold.

CHASSE, ¼ HINGE, ¼ HINGE, ¼ CHASSE, CROSS, TOUCH.

- 1&2 Step right to right side, step left next to right, step right to right side.
3-4 Make ¼ turn to left stepping left to left side, make ¼ turn to left stepping right to right side.
5&6 Make ¼ turn to left stepping left to left side, step right next to left, step left to left side.
7-8 Cross right over left, touch left next to right.