

MAS QUE NADA

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Count: 48

Wall: 4

Level: intermediate

Choreographer: Kate Sala

Music: Mas Que Nada by Sergio Mendez Featuring Black Eyed Peas

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