

MAS QUE NADA

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Count: 32 **Wall:** 2 **Level:** Beginner / Intermediate

Choreographer: The Girls (Maureen & Michelle)

Music: 'Mas Que Nada' by Jane McDonald (89 bpm) CD: 'Jane'

Intro 16 counts

BACK ROCK, SIDE, BACK ROCK, SIDE, CROSS ROCK, SIDE ROCK, BEHIND, SIDE, ACROSS

- 1&2** Rock right behind left, recover onto left, step right to right
- 3&4** Rock left behind right, recover onto right, step left to left
- 5&6&** Rock right across left, recover onto left, rock right to right, recover onto left
- 7&8** Step right behind left, step left to left, step right across left

SIDE ROCK, ¼ TURN, STEP, STEP, ½ PIVOT, STEP, STEP, ¼ PIVOT, STEP, STEP, ½ PIVOT, STEP

- 9&10** Rock left to left, recover onto right making ¼ turn right, step left forward
- 11&12** Step right forward, pivot ½ turn left, step right forward
- 13&14** Step left forward, pivot ¼ turn right, step left forward
- 15&16** Step right forward, pivot ½ turn left, step right forward

FORWARD MAMBO, BACK MAMBO, LOCK SHUFFLE, STEP, ¼ PIVOT, CROSS

- 17&18** Rock left forward, recover onto right, step left beside right
- 19&20** Rock right back, recover onto left, step right beside left
- 21&22** Step left forward, lock right behind left, step left forward
- 23&24** Step right forward, pivot ¼ turn left, step right across left

SYNCOPATED WEAVE, BACK ROCK, SWAY, ¼ TURN, ½ TURN, SIDE, HOLD

- &25&26** Step left to left, step right behind left, step left to left, step right across left
- &27&28** Step left to left, rock right behind left, recover onto left, step right to right & sway right
- 29-30** Recover weight onto left making ¼ turn left, on ball of left make ½ turn left and step right back
- 31-32** Step left to left, hold