

MENDES LIGHT

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Count: 24 **Wall:** 4 **Level:** beginner

Choreographer: Carola Helin

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

MAMBO CROSS & CROSS & CROSS, MAMBO CROSS, TURN $\frac{1}{4}$, TURN $\frac{1}{4}$

- 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 $\frac{1}{4}$ turn to right stepping back on left, $\frac{1}{4}$ turn to right stepping right to right side

FORWARD SIDE TOGETHER, BACK SIDE TOGETHER, 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, $\frac{1}{4}$ HINGE, $\frac{1}{4}$ HINGE, $\frac{1}{4}$ CHASSE, CROSS, TOUCH

- 1&2** Step right to right side, step left next to right, step right to right side
- 3-4** Make $\frac{1}{4}$ turn to left stepping left to left side, make $\frac{1}{4}$ turn to left stepping right to right side
- 5&6** Make $\frac{1}{4}$ 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

REPEAT