

Mandy

Count: 32

Wand: 2

Ebene: Phrased Improver

Choreograf/in: Irene Ardianti (INA) - May 2020

Musik: Mandy by: Barry Manilow



(1 Tag: 8 Counts, 1 Bridge: 4 Counts)

Patterns: A-A-B-Tag-A-B-Tag-Bridge-Tag-B-B-B

Start dancing on vocal.

PART A:(16 Counts)

I. BACKWARD STEP WITH LEG SWING FORWARD – COASTER STEP – FORWARD RUN - FORWARD ROCK – SIDE ROCK – BACKWARD STEP WITH SWEEP ACTION – BACKWARD ROCK

- 1 R step backward then L swing forward (1)
- 2&3 L step backward (2), R step next to L (&), L step forward (3)
- 4& Run forward on R (4), L (&)
- 5& R step forward (5), recover to L (&)
- 6& R step to side (6), recover to L (&)
- 7 R step backward while L sweep backward on ball (7)
- 8& step backward slightly on L (8), recover to R (&)

II. TURN ¼ - NIGHT CLUB BASIC – SIDE STEP – TURN ¾ TO LEFT WITH SWEEP ACTION – COASTER STEP FOLLOWED BY CURVING FEATHER – SWAY

- 1-2& turn ¼ to right (03.00) then L make a big step to side (1), R step behind L (2), recover to L (&)
- 3 R step to side then turn ¾ to left (06.00) while L sweep backward on ball (3)
- 4&5 L step backward (4), R step next to L (&), L step forward (5)
- &6 Turn 1/8 to right (07.30) then R step forward (&), turn 1/8 to right (09.00) then L step forward (6)
- &7 R step forward (&), turn ¼ to right (12.00) then L step to side (7)
- 8& recover to R while swaying to right (8), recover to L while swaying to left and drag R on ball (&)

PART B: (16 Counts)

I. VINE – TURN ¼ TO RIGHT – FORWARD STEP – MILITARY TURN – TURN ½ WITH SWEEP - SYNCOPATED VINE – DIAGONAL FORWARD ROCK

- 1-2& R step to side (1), L cross slightly behind R (2), turn ¼ to right (03.00) then R step forward (&)
- 3& L step forward (3), turn ½ to right (09.00) then R step slightly forward (&)
- 4& L step forward (4), turn ½ to right (03.00) then R step slightly forward (&)
- 5 turn ½ to right on R while L sweep forward on ball (09.00)
- 6& L cross over R (6), R step to side (&)
- 7& L cross behind R (7), R step to side (&)
- 8& turn 1/8 to right (10.30) then L step forward (8), recover to R (&)

II. VINE – SIDE – DIAGONAL FORWARD TOUCH – SIDE – DIAGONAL FORWARD TOUCH – SPIRAL TURN – FORWARD STEP – CLOSE TOUCH

- 1 Turn 1/8 to left (09.00) then L step to side (1)
- 2& R cross slightly behind L (2), L step to side (&)
- 3 turn 1/8 to left (07.30) then L bend on knee while R straightly point on toe (3)
- 4 turn 1/8 to right (09.00) then R step to side (4)
- 5 turn 1/8 to right (10.30) then R bend on knee while L straightly point on toe (5)
- 6 turn 1/8 to left (09.00) then L step L to side (6)
- 7&8& turn ¼ to left (06.00) then R step forward (7), make a full turn (06.00) to left (&), L step forward (8), R drag next to L on ball (&)

TAG: 8 Counts

I. MODIFIED FORWARD ROCKS WITH LUNGE AND CLOSE – TURN ½ WITH SWEEPING ACTION – INPLACE STEP

- 1-2& R make a big step forward with R knee bend forward (1), recover to L (2), R step next to L (&
3-4& L make a big step forward (3), recover to R (4), L step next to R (&
5-6 R step forward (5), turn ½ to left (06.00) then L step slightly forward (6)
7-8 turn ½ to left on L (12.00) while R sweep forward (7), R drag next to L on ball (8)

BRIDGE (4 Counts)

I. SIDEWARD LUNGE – HOLDS – RECOVER – DRAG

- 1 R make a big step to side then bend on R knee (1)
2-3 Hold for 2 (two) counts (2-3)
4 Recover to L while R drag next to L on ball (4)

ENJOY THE DANCE

For more information, kindly contact me on: irenetanardianti@gmail.com
