

# Manasai

Count: 80

Wand: 4

Ebene: Phrased Improver

Choreograf/in: Stev (INA) - March 2023

Musik: Kreasi Manasai - Indra Effe



## Intro Manasai Dance Creativity

Sequence ABBA TAG A TAG A BBBB TAG A

### PART A

#### S1. SIDE - CLOSE - SIDE - TOUCH

- 1 – 2 Step R to right side, step L beside R
- 3 – 4 Step R to right side, touch L beside R
- 5 – 6 Step L to left side, step R beside L
- 7 – 8 Step L to left side, touch R beside L

#### S2. FORWARD - TURN - TOUCH

- 1 – 2 Step forward on R, step forward on L
- 3 – 4 1/4 turn right step R in place, touch L beside R
- 5 – 6 1/4 turn left step forward on L, step forward on R
- 7 – 8 1/4 turn left step L in place, touch R beside L

#### S3. ROCK FORWARD - BACK SHUFFLE - BACK ROCK - FORWARD SHUFFLE

- 1 – 2 Step forward on R, recover on L
- 3 & 4 Step back on R, step L beside R, step back on R
- 5 – 6 Step back on L, recover on R
- 7 & 8 Step forward on L, step R beside L, step forward on L

#### S4. JAZZBOX TURN - ROCKING CHAIR

- 1 – 2 Cross R over L, 1/4 turn right step back on L
- 3 – 4 Step R to right side, step forward on L
- 5 – 6 Step forward on R, recover on L
- 7 – 8 Step back on R, recover on L

#### S5. FORWARD - IN PLACE - BACKWARD - IN PLACE

- 1 – 2 Step forward on R, step L beside R
- 3 – 4 Step R in place, step L in place
- 5 – 6 Step back on R, step L beside R
- 7 – 8 Step R in place, step L in place

#### S6. SIDE - CLOSE - FORWARD LOCK SHUFFLE - BACKWARD LOCK SHUFFLE

- 1 – 2 Step R to right side, step L beside R
- 3 & 4 Step forward on R, step forward on L slightly behind R, step forward on R
- 5 – 6 Step L to left side, step R beside L
- 7 & 8 Step back on L, step back on R over L, step back on L

#### S7. SIDE ROCK - CROSS SHUFFLE- TURN - CROSS SHUFFLE - SIDE ROCK

- 1 – 2 Step R to right side, recover on L
- 3 & 4 Cross R over L, step L to left side, cross R over L
- 5 & 6 1/2 turn left cross L over R, step R to right side, cross L over R
- 7 – 8 Step R to right side, recover on L

#### S8. JAZZBOX TURN - V STEP

- 1 – 2 Cross R over L, 1/4 turn right step back on L

- 3 – 4 Step R to right side, step forward on L
- 5 – 6 Step R to right diagonal, step L to left diagonal
- 7 – 8 Step back on R to center, step L beside R

## **PART B**

### **S1. FORWARD - TOUCH - BACKWARD - TOUCH**

- 1 – 2 Step forward on R, step forward on L
- 3 – 4 Step forward on R, touch L beside R
- 5 – 6 Step back on L, step back on R
- 7 – 8 Step back on L, touch R beside L

### **S2. FORWARD - POINT - BACKWARD - POINT - JAZZBOX TURN**

- 1 – 2 Step forward on R, point L to left side
- 3 – 4 Cross back on L slightly behind R, point R to right side
- 5 – 6 Cross R over L, 1/4 turn right step back on L
- 7 – 8 Step R to right side, step forward on L

## **NOTE**

### **TAG On wall 3, 4 & 5**

- 1 – 2 Step R to right side, cross touch L behind R
- 3 – 4 Step L to left side, cross touch R behind L

## **Ending**

### **After 60 Count**

- 5 – 6 Cross R over L, 1/4 turn right step back on L
- 7 – 8 Step R to right side, step L beside R

## **ENJOY THE DANCE**

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