

# Mong Nan Nan

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Heru Tian (INA) - June 2023

Musik: Vitamin A (มองน่าน) - FLI:P



## Intro Dance 32C - No Tag, No Restart

### Section 1 : Jump Diagonal Fwd & Touch, Hip Bumps (R&L), Walks Backward

- &1&2 Jump R fwd to R Diagonal (&), Touch L Close R, Push Hip to Right (1), Return Hip (&), Push hip to Right (2)
- &3&4 Jump L fwd to L Diagonal (&), Touch R Close L, Push Hip to Left (3), Return Hip (&), Push hip to Left (4)
- 5678 Walk R backward (5), Walk L backward (6), Walk R backward (7), Walk L backward, next to R (8)

### Section 2 : Jump Diagonal Fwd & Touch, Hip Bumps (R&L), 1/2 R Circular Walks

- &1&2 Jump R fwd to R Diagonal (&), Touch L Close R, Push Hip to Right (1), Return Hip (&), Push hip to Right (2)
- &3&4 Jump L fwd to L Diagonal (&), Touch R Close L, Push Hip to Left (3), Return Hip (&), Push hip to Left (4)
- 5678 1/8R, Walk R Fwd (5), 1/8R, Walk L fwd (6), 1/8R, Walk R fwd (7), 1/8R Walk L fwd, next to R (8) facing 6.00

### Section 3&4 : Repeat Section 1&2

## Main Dance 32C

### Section 1 : Rock Back, Side Chasse, Behind, Side, Cross Shuffle

- 1 2 Rock R Back (1), Recover on L (2)
- 3&4 Step R To Side (3), Step L Next to R (&), Step R To Side (4)
- 5 6 Cross L Behind R (5), Step R to Side (6)
- 7&8 Cross L over R (7), Step R to Side (&), Cross L over R (8)

### Section 2 : Side, 1/4R Swivel Heels, Coaster Step, Rock Fwd, Fwd, Brush

- 1 2 Step R to Side (1), Swivel both Heels make a 1/4R, weight on your L (2) facing 3.00
- 3&4 Step R Back (3), Step L next to R (&), Step R fwd (4)
- 5678 Rock L fwd, push hip fwd (5), Recover on R, push hip back (6), Step L fwd (7), Brush R (8)

### Section 3 : Rock Fwd, 1/2R Shuffle, Side Mambo, Side Mambo

- 1 2 Rock R fwd (1), Recover on L (2)
- 3&4 1/4R, Step R to Side (3), Step L next to R (&), 1/4R, Step R fwd (4) facing 9.00
- 5&6 Rock L to Side (5), Recover on R (&), Step L next to R (6)
- 7&8 Rock R to Side (7), Recover on L (&), Step R next to L (8)

### Section 4 : Side Rock, Side Chasse, Cross rock, 1/4R Fwd, 1/4R Side

- 1 2 Rock L to Side, Sway hip to Left (1), Recover on R, Sway hip to Right (2)
- 3&4 Step L to Side (3), Step R next to L (&), Step L to Side (4)
- 5678 Rock R Cross over L (5), Recover on L (6), 1/4R, Step R fwd (7), 1/4R, Step L to Side (8) facing 3.00

Start over again...

Happy dancing  
Herutian79@gmail.com

