

Rihanna Manana

Count: 32

Wand: 4

Ebene: Improver nightclub

Choreograf/in: Lady Lace (UK)

Musik: S.O.S. (Rescue Me) - Rihanna



2 HEEL TOUCHES, ROCK BACK, 3 WALKS, CLAP

- 1-2 Touch right heel forward, touch right heel forward
- 3-4 Rock right back, recover onto left
- 5-7 Step right forward, step left forward, step right forward (clap)
- 8 Clap

2 HEEL TOUCHES, ROCK BACK, 3 WALKS, CLAP

- 1-2 Touch left heel forward, touch left heel forward
- 3-4 Rock left back, recover onto right
- 5-7 Step left forward, step right forward, step right forward (clap)
- 8 Clap

BEHIND, CROSS, SIDE, BEHIND SIDE CROSS, SIDE ROCK, TRIPLE FULL TURN

- &1-2 Cross/rock right behind left, recover onto left, step right to side
- 3&4 Cross left behind right, step right to side, cross left over right
- 5-6 Rock right to side, recover onto left
- 7&8 Triple in place turning a full turn right stepping right, left, right

Option: right coaster

FORWARD ROCK, COASTER, SIDE SLIDE TOUCH, ¼ TURN LEFT SLIDE TOUCH

- 1-2 Rock left forward, recover onto right
- 3&4 Step left back, step right together, step left forward
- 5-6 Step right to side, slide/touch left together (shimmy)
- 7-8 Turn ¼ left and step left forward, slide/touch right together (shimmy)

REPEAT
