

# Ana Mantu

**Count:** 32

**Wall:** 4

**Level:** High Beginner

**Choreographer:** Ning Puspa (INA) & Inne (INA) - February 2019

**Music:** Ana Mantu - Alfred Gare (feat. PAX Group)



**Intro : 20 counts**

## **I. ROCKING CHAIR, SIDE BUMP, SIDE BUMP**

- 1 – 2            Rock RF forward, recover onto LF
- 3 – 4            Rock RF backward, recover onto LF
- 5 – 6            Drop weight to R, bump right hip to R
- 7 – 8            Drop weight to L, bump left hip to L

## **II. WALK FORWARD, ½ TURN L SHUFFLE BACK, ROCK RECOVER ½ TURN R SHUFFLE BACK.**

- 1 – 2            Walk forward RF & LF,
- 3 & 4            Shuffle forward,
- 5 – 6            Rock RF forward, recover onto LF
- 7 & 8            Shuffle backward

### **Option :**

- 1 – 2            Walk forward RF and LF
- 3 & 4            ½ turn to L, shuffle back
- 5 – 6            Rock RF backward, recover onto L
- 7 & 8            ½ turn to R, shuffle back

## **III. SIDE SHUFFLE TO R, ¼ TURN TO L SIDE SHUFFLE ( 3 TIMES ).**

- 1 & 2            Step RF toR, close LF beside RF, step RF to R side (12.00)
- 3 & 4            ¼ turn to L, side shuffle ( 09.00 )
- 5 & 6            ¼ turn L side shuffle ( 06.00 )
- 7 & 8            ¼ turn L side shuffle ( 15.00 )

## **IV. HIP BUMP FORWARD & BACKWARD TWICE.**

- 1 & 2            Step forward on RF diagonal, hip bump twice
- 3 & 4            Recover onto LF, hip bump twice
- 5 & 6            Step backward on RF diagonal, hip bump twice
- 7 & 8            Recover onto LF, hip bump twice

### **Restarts :**

- (1). After 28 counts, on wall 1, 2, 3, 7, 8
- (2). After 20 counts, on wall 6

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