

Manok Na Pula

Compte: 108

Mur: 4

Niveau: Phrased Intermediate

Chorégraphe: Roly Ansano (USA) - January 2020

Musique: Manok Na Pula (Disco Remix) - Vic Desucatan



Sequence: A-BB-A-BB-A-B(1-16)-B(1-16)

Intro: 32

A (1-32) ANGLED STEP-LOCK SEQUENCE, SLOW MAMBO STEP, HIP ROLLS

1-4 Step R diagonally forward, step L behind R, step R diagonally forward, hold

5-8 Step L diagonally forward, step R behind L, step L diagonally forward, hold

9-12 Rock R forward, recover, step R back, step L together

13-14 Step R side, roll hips to left and touch L in place

15-16 Step L side, roll hips to right and touch R in place

17-32 Repeat steps 1-16

Styling: 1-8 Arms at sides, bend elbows and push hands forward

17-24 Arms at sides, push hands down with wrists bent up

A (33-64) VINE TO RIGHT, VINE TO LEFT, ROCK STEP SEQUENCE

1-4 Step R side, cross L behind, step R side, touch L together

5-8 Step L side, cross R behind, step L side, touch R together

9-16 Repeat steps 1-8.

17-20 Rock R forward, recover, rock R back, recover

21-24 Rock R side, recover, step R together, hold

25-32 Repeat steps 17-24 leading with Left Foot

B (1-16) CROSS-BACK-TURN-CLOSE, HIP ROLLS

1-4 Cross R over, step L back, turn 1/4 right and step R side, step L together

5-6 Step R side, roll hips to left and touch L in place

7-8 Step L side, roll hips to right and touch R in place

9-16 Repeat steps 1-8

B (17-44) HEEL AND TOE TOUCHES, CROSS-BACK-SIDE, STOMPS

1-4 Touch R heel forward (2X), touch R toe back (2X)

5-8 Touch R side, flick R over L shin, touch R side, step R together

9-16 Repeat steps 1-8 leading with Left Foot

17-19 Cross R over, step L back, step R side

20-22 Stomp L, stomp R, turn 1/4 left and stomp L

23-25 Cross R over, step L back, step R side

26-28 Stomp L, stomp R, stomp L