

Manana

Compte: 48

Mur: 4

Niveau: Phrased Improver



Chorégraphe: Panella Nicoletta (IT) - July 2021

Musique: Mañana (feat. Cali Y El Dandee) - Alvaro Soler

Introduction Instrumentals : 24 Counts

Phrased Sequences A-B-A-B-A-B-A-A-A-B-A-B-Final

PART A (32 counts)

SEQ. 1(1-8) KICK,BACK, 1/4 TURN, BIG STEP, SLIDE, TOGETHER, ROLLING KNEES, CROSS 1/4 TURN, BACK, SLIDE, TOGETHER. OUT -OUT -IN -IN.

- 1&2& kick Right forward, step right back in place, 1/4 turn right big step left to left, slide right together 3:00
- 3-4 turning knees in a circle in place
- 5&6 cross left over right, 1/4 turn left big step right back, slide left together 12:00
- &7 step right to right diagonally forward (out) , step left diagonally forward (Feet slightly apart - out out)
- &8 step right recover back in place (in) step left recover back near to right in place (recover to centre - in in)

SEQ. 2(9-16) KICK,BACK, 1/4 TURN, BIG STEP, SLIDE, TOGETHER, ROLLING KNEES, CROSS 1/4 TURN, BACK, SLIDE, TOGETHER. OUT -OUT -IN -IN.

- 1&2& kick Right forward, step right back in place, 1/4 turn right big step left to left, slide right together 3:00
- 3-4 turning knees in a circle in place
- 5&6 cross left over right, 1/4 turn left big step right back, slide left together 12:00
- &7 step right to right diagonally forward (out) , step left diagonally forward (out)
- &8 step right recover back in place (inn) step left recover back near to right in place (inn)

SEQ. 3(17-24) BOTAFOGO TRAVELLING FORWARD

- 1&2 Cross right over left, step left to left side recover weight on right
- 3&4 Cross left over right, step right to right side, recover weight on left
- 5&6 Cross right over left, step left to left side recover weight on right
- 7&8 Cross left over right, step right to right side, recover weight on left

SEQ. 4(25-32)CROSS DIAGONALLY HEEL, RECOVER BACK DIAGONALLY, CROSS DIGONALLY HEEL, STEP IN PLACE CHANGE DIRECTION OPPOSITE SEQUENCE

- 1&2& Direction diagonally h. 10.30 cross heel right over left, recover weight on left, step right back, recover weight on left
- 3&4 cross heel right over left, recover weight on left, step right near to left direction body h: 12.00
- 5&6& Change opposite Direction diagonally h. 01.30 cross heel left over right, recover weight on right, step left back, recover weight on right
- 3&4 cross heel left over right, recover weight on right, step left near to right direction body h: 12.00

PART B (16 counts)

SEQ. 1(1-8) 1/4 TURN LEFT SIDE RECOVER, CLOSE, BUMP IM PLACE, PADDLE TURN 1/8 X 4

- 1&2 1/4 turn left step right to right side, recover weight on left, step right close near to left h.9:00
- 3-4 circle bumps in place
- 5-6-7-8 1/8 turn left step right to side recover weight on left h.4:30, 1/8 turn left step right to side recover weight on left h.3:00,

1/8 turn left step right to side recover weight on left h.1:30, 1/8 turn left step right to side recover weight on left h:12.00.

SEQ. 2(9-16) 1/4 TURN RIGHT SIDE RECOVER, CLOSE, BUMP IM PLACE, PADDLE TURN 1/4 X 4

- 1&2 1/4 turn right step left to left side, recover weight on right, step left close near to right h.3:00
3-4 circle bumps in place
5-6-7-8 1/4 turn right step left to side recover weight on right h.6:00, 1/4 turn right step left to side
 recover weight on right h.9:00, 1/4 turn right step left to side recover weight on right h.12:00,
 1/4 turn right step left to side keep the weight on left h.3.00.

FINAL:

- 1-2 Kick right forward stomp right near to left h.12:00
-