

# Mana Lolo Banda

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Tanti Damayanti (INA) - November 2021

**Musique:** Mana Lolo Banda, Nusa Tenggara Timur



Intro 36 count

## SECTION 1: SHAMBA WISK, 1/2 VOLTA TURN RIGHT.

- 1 a2 Step RF to R side, rock cross LF behind RF, recover onto R
- 3 a4 Step LF to L side, rock cross RF behind LF, recover onto LF
- 5 & 1/8 turn R crossing RF over LF, step ball of LF slightly behind RF.
- 6&7&8 Repeat 5&.

## SECTION 2: SHAMBA WISK, 1/2 VOLTA TURN LEFT.

- 1 a2 Step LF to L side, rock cross RF behind LF, recover onto LF
- 3 a4 Step RF to R side, rock cross LF behind RF, recover onto RF
- 5 & 1/8 turn L crossing LF over RF, step ball of RF slightly behind LF.
- 6&7&8 Repeat 5&.

## SECTION 3: SHYNCOPAIDE CROSS R, SHYNCOPAIDE CROSS L.

- 1 & 2 cross RF over LF, step LF to L side, cross RF over LF
- &3 &4 step LF to L side, cross RF over LF, step LF to L side, cross RF over LF
- 5 & 6 cross LF over RF, step RF to R side, cross LF over RF
- &7 &8 step RF to R side, cross LF over RF, step RF to R side, cross LF over RF.

## SECTION 4: MAMBO STEP, JAZZ BOX 1/4 TURN R.

- 1 & 2 Rock RF forward, recover onto LF, step RF back forward.
- 3 & 4 Rock LF back forward, recover onto RF, step LF forward.
- 5 6 7 8 cross RF over LF, 1/4 turn R step LF back (03.00), step RF to R side, cross LF over RF.

**TAG : after walls 1, 4, 5**

**SWAY R, SWAY L**

- 1 2 Step and sway R to R side, sway L
- 3 4 Repeat 1 and 2

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