

Una Manana

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Diba Munaf (INA) & Rossana HB (INA) - September 2021

Musique: Una Manana (Cha Cha / 31 BPM) - Ross Mitchell, His Band and Singers



Intro : 32 count

(1-8) JAZZ BOX, CHASSE, BACK ROCK

1234 Cross RF over LF, Step LF back, Step RF to R, Step LF fwd
5&6 Step RF to R, Close LF next to RF, Step RF to R
78 Rock LF back, Recover onto RF

(9-16) VINE, ROCKING CHAIR

1234 Step LF to L, Cross RF behind LF, Step LF to L, Touch RF next to LF
5678 Rock RF fwd, Recover onto LF, Rock RF back, Recover onto LF

(17-24) FWD ROCK, CHASSE TURN 1/2 R, PIVOT 1/4 R, CROSS SHUFFLE

12 Rock RF fwd, Recover onto LF
3&4 Turn 1/4 R Stepping RF to R, Close LF next to RF, Turn 1/4 R Stepping RF fwd
56 Step LF fwd, Turn 1/4 R weight on RF
7&8 Cross LF over RF, Step RF to R, Cross LF over RF

(25-32) SIDE ROCK, BEHIND, SIDE, CROSS, SWAY 3X, TOUCH

12 Rock RF to R, Recover onto LF
3&4 Cross RF behind LF, Step LF to L, Cross RF over LF
5678 Step LF to L swaying LRL, Touch RF next to LF

Restart : On wall 5 dance 16 count and start from beginning

Ending : On wall 11 dance only 12 count and pose

Happy Dancing as always!

Contact :

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Last Update - 10 Jan 2022