

Nona Manis

拍数: 48 墙数: 1 级数: High Beginner
编舞者: Hilda Foo (NZ) - February 2019
音乐: Oh Nona Manis - Richie Ricardo



Start on vocals (20 counts in)

Section A: Prissy Walks. Hold. Rocking Chair

1-4 Walk forward on right. Hold. Walk forward on left. Hold.
5-8 Forward rock on RF, recover on L, Rock back on RF, recover on L

Section B: Rumba box. Hold

1-4 Step RF to right, step LF besides R, step RF back. Hold
5-8 Step LF to left, step RF besides L, step LF forward. Hold

Section C: ½ pivot turn left. Hold. Full turn right. Hold

1-4 Step RF forward, ½ pivot turn left, step RF forward. Hold
5-8 ½ turn step back on L, ½ turn step RF forward. Step LF forward. Hold

Section D: Side together cross, Hold. Side together forward. Hold

1-4 Step RF to right, step LF besides Right, Cross RF over L. Hold
5-8 Step LF to left, step RF besides L, Cross LF over R. Hold

Section E: ½ pivot turn left, shuffle forward. Full turn right, forward shuffle

123&4 Step RF forward, ½ pivot turn left, shuffle forward RLR
567&8 ½ turn stepping back on L, ½ turn step forward on R, Shuffle LRL

Section F: Step together. Step Side. Touch.

1-4 Step RF to R, step LF besides R, step RF to R, touch LF besides R
5-8 Mirror with LF

Tag 1 (16 cts) End of Wall 1

Step. Side touches (repeat 2x)

1-4 Step RF to right, touch LF besides R. Step LF to left, Touch RF besides L.
5-8 Step RF to right, touch LF besides R. Step LF to left, touch RF besides L

Tag 2 (4 cts) End of Wall 2. Repeat 1st 4 counts of Tag 1

Tag 3 (4 cts) Wall 3 after 1st 40 counts.

1-4 Sway RLRL

Then Restart

This dance is dedicated to my dear sister, Lily Foo, forever sweet and loving.

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