

Ana Mantu

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Ning Puspa (INA) & Inne (INA) - February 2019
音乐: Ana Mantu - Alfred Gare (feat. PAX Group)



Intro : 20 counts

I. ROCKING CHAIR, SIDE BUMP, SIDE BUMP

1 – 2 Rock RF forward, recover onto LF
3 – 4 Rock RF backward, recover onto LF
5 – 6 Drop weight to R, bump right hip to R
7 – 8 Drop weight to L, bump left hip to L

II. WALK FORWARD, ½ TURN L SHUFFLE BACK, ROCK RECOVER ½ TURN R SHUFFLE BACK.

1 – 2 Walk forward RF & LF,
3 & 4 Shuffle forward,
5 – 6 Rock RF forward, recover onto LF
7 & 8 Shuffle backward

Option :

1 – 2 Walk forward RF and LF
3 & 4 ½ turn to L, shuffle back
5 – 6 Rock RF backward, recover onto L
7 & 8 ½ turn to R, shuffle back

III. SIDE SHUFFLE TO R, ¼ TURN TO L SIDE SHUFFLE (3 TIMES).

1 & 2 Step RF toR, close LF beside RF, step RF to R side (12.00)
3 & 4 ¼ turn to L, side shuffle (09.00)
5 & 6 ¼ turn L side shuffle (06.00)
7 & 8 ¼ turn L side shuffle (15.00)

IV. HIP BUMP FORWARD & BACKWARD TWICE.

1 & 2 Step forward on RF diagonal, hip bump twice
3 & 4 Recover onto LF, hip bump twice
5 & 6 Step backward on RF diagonal, hip bump twice
7 & 8 Recover onto LF, hip bump twice

Restarts :

(1). After 28 counts, on wall 1, 2, 3, 7, 8
(2). After 20 counts, on wall 6

ILDI - humasildipusat@gmail.com