

# Manok Na Pula

拍数: 108      墙数: 4      级数: Phrased Intermediate  
编舞者: Roly Ansano (USA) - January 2020  
音乐: Manok Na Pula (Disco Remix) - Vic Desucatan



Sequence: A-BB-A-BB-A-B(1-16)-B(1-16)

Intro: 32

## A (1-32) ANGLED STEP-LOCK SEQUENCE, SLOW MAMBO STEP, HIP ROLLS

1-4            Step R diagonally forward, step L behind R, step R diagonally forward, hold  
5-8            Step L diagonally forward, step R behind L, step L diagonally forward, hold

9-12          Rock R forward, recover, step R back, step L together  
13-14        Step R side, roll hips to left and touch L in place  
15-16        Step L side, roll hips to right and touch R in place

17-32        Repeat steps 1-16

### Styling: 1-8 Arms at sides, bend elbows and push hands forward

17-24        Arms at sides, push hands down with wrists bent up

## A (33-64) VINE TO RIGHT, VINE TO LEFT, ROCK STEP SEQUENCE

1-4            Step R side, cross L behind, step R side, touch L together  
5-8            Step L side, cross R behind, step L side, touch R together

9-16          Repeat steps 1-8.

17-20        Rock R forward, recover, rock R back, recover  
21-24        Rock R side, recover, step R together, hold

25-32        Repeat steps 17-24 leading with Left Foot

## B (1-16) CROSS-BACK-TURN-CLOSE, HIP ROLLS

1-4            Cross R over, step L back, turn 1/4 right and step R side, step L together  
5-6            Step R side, roll hips to left and touch L in place  
7-8            Step L side, roll hips to right and touch R in place

9-16          Repeat steps 1-8

## B (17-44) HEEL AND TOE TOUCHES, CROSS-BACK-SIDE, STOMPS

1-4            Touch R heel forward (2X), touch R toe back (2X)  
5-8            Touch R side, flick R over L shin, touch R side, step R together

9-16          Repeat steps 1-8 leading with Left Foot

17-19        Cross R over, step L back, step R side  
20-22        Stomp L, stomp R, turn 1/4 left and stomp L

23-25        Cross R over, step L back, step R side  
26-28        Stomp L, stomp R, stomp L