

Manchester Lady

拍数: 32 墙数: 4 级数: Beginner
编舞者: Allen Sallis (UK) - September 2020
音乐: Manchester Lady - Brendan Shine



Intro: 32 beats from start of music.

[1-8] Grapevine right, grapevine left with quarter turn left.

1-4 Step R to side, step L behind R, step R to side, close L to R.
5-8 Step L to side, step R behind L, step L to side with quarter turn left, close R to L.

[9-16] Right heel hook, heel close, Pigeon toes, Back left coaster step.

9-12 Touch R heel forward, hook R heel across L shin , Touch R heel forward, close R foot beside L.
13-14 Heels apart, heels close.
15 & 16 Step back on L, close R to L, step forward on L.

Dance restarts here on wall 7

[17 - 24] Right rumba box.

17-20 Step R foot to right, close L to R, step forward with R, close L to R.
20-24 Step L foot to left, close R to L, step back with L, close R to L.

[25-32] Quarter Monterey turn right, right Jazz Box with quarter turn right

25-26 Point R foot to right, close R to L whilst pivoting $\frac{1}{4}$ turn right on left foot
27-28 Point L foot to left, close L to R.
29-32 Cross R over L, step back with L, step R to right with quarter turn right, close L to R.

On wall 7 dance first 16 steps of the sequence and then restart.
