

# Nona Manado

拍数: 64                      墙数: 2                      级数: Improver  
编舞者: Wenarika Josephine (INA) - October 2020  
音乐: Nona Manado - Rama Aiphama



Intro lyrics: 16 counts / 6 RESTARTS, 1 TAG

## Sect 1 FORWARD SHUFFLE (2X), ROCK FWD , ¼ TURN RIGHT , SIDE SHUFFLE

1 & 2                      Shuffle forward on R-L-R  
3 & 4                      Shuffle forward on L-R-L  
5 - 6                      R rock forward - recover on L  
7 & 8                      Turn ¼ right , side shuffle on R-L-R ....(3.00)

## Sect 2 WEAVE TO RIGHT WITH HALF TURN, HOLD

1 - 4                      Cross L over R - step R to side - L behind R - turn ¼ right step R forward ...(6.00)  
5 - 8                      Step L forward - turn ½ right step on R - Step L forward - hold .....(12.00)

## Sect 3 WEAVE TO LEFT, TOUCH, WEAVE TO RIGHT , TOUCH

1 - 4                      Cross R over L - step L to side - R behind L - touch L to side  
5 - 8                      Cross L over R - step R to side - L behind R - touch R to side

## Sect 4 KNEE POP BACKWALK

1 - 4                      Step R back pop L knee - hold - Step L back pop R knee - hold  
5 - 6                      Step R back pop L knee - step L back pop R knee  
7 - 8                      Step R back pop L knee - step L back pop R knee

## Sect 5 DIAG FORWARD , HEEL TOE SWIVEL, TOUCH

1                          Step R diag forward  
2 - 4                      Swivel L heel toward R - swivel L toe toward R - touch L next to R  
5                          Step L diag forward  
6 - 8                      Swivel R heel toward L - swivel R toe toward L - touch R next to L

## Sect 6 JAZZ BOX ¼ TURN RIGHT (2X)

1 - 4                      Cross R over L - turn ¼ right step L back - R to side - L forward  
5 - 8                      Cross R over L - turn ¼ right step L back - R to side - L forward ... (6.00)

## Sect 7 OUT OUT, IN IN , HOLD & CLAP , HEEL SWIVELS

&1 - 2                      Step R to side - step L to side - hold & clap  
&3 - 4                      Step R in centre - step L next to R - hold & clap  
5 - 8                      Swivel both heels to right - left - right - center

## Sect 8 SIDE TOUCHES

1 - 4                      Touch R to side - step R in place - touch L to side - step L beside R  
5 - 8                      Touch R to side - step R in place - touch L to side - step L beside R

\*TAG : on wall 5 after 16 counts

Jazzbox : cross R over L - step L back - R to side - L forward

\*RESTARTS :

Wall 1 (56 cts) - Wall 3 (16cts) - wall 5 (16cts) TAG - wall 6 (56cts) - wall 8 (16cts) - wall 10(16cts)

Contact email : wenarikajosephine@gmail.com

