

The Manual

拍数: 32 墙数: 4 级数: Improver
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音乐: The Manual - Miss Li



(This is the same choreo as my dance "Instruktionsboken" but this is the English version of the song)

Intro: Start after 32 counts

Side behind side touch, side behind side together

- 1-2 step L to left side, step R behind L,
- 3-4 step L to left side, touch R next to L
- 5-6 step R to right side, step L behind R
- 7-8 step R to right side, step together (weight on L)

Note: (Here is a Restart on Wall 4; instead of stepping together keep the weight on R and do a touch instead)

Step $\frac{1}{4}$ step, hold, turn $\frac{1}{2}$, turn $\frac{1}{2}$, step, hold

- 1-2 step forward with R, turn $\frac{1}{4}$ to left side weight then on L
- 3-4 step forward with R, hold
- 5-6 turn $\frac{1}{2}$ to right side stepping back with L, turn $\frac{1}{2}$ to right side stepping forward with R
- 7-8 step forward with L, hold

Jazz box, V step

- 1-2 step R crossing L, step back with L,
- 3-4 step R to right side, step together (weight on L)
- 5-6 step R forward on R diagonal, step L forward on L diagonal
- 7-8 step R back to centre, step L beside R

Step $\frac{1}{2}$, turn $\frac{1}{2}$, turn $\frac{1}{2}$, step, hold, touch, hold

- 1-2 step forward on R, turn $\frac{1}{2}$ to left side
- 3-4 turn $\frac{1}{2}$ to left side stepping back with R, turn $\frac{1}{2}$ to left side stepping forward with L
- 5-6 step forward on R, hold
- 7-8 touch L beside R, hold

Restarts: Wall 4 after the first 8 counts, keeping the weight on R and do a touch instead
