

EZ Manila

拍数: 32 墙数: 4 级数: Beginner
编舞者: Patricia Soran (AUT) - January 2022
音乐: Manila - Ray Dalton & Alvaro Soler



Intro: 32 Counts - No tags, no restarts!

SEC 1: ROCK STEP R FWD., STEP BACK R, KICK L, ROCK BACK L, STEP FWD. L, HOLD

1-2 Rock fwd. right foot (RF); Weight back on left foot (LF)
3-4 Step back with RF; Kick LF
5-6 Rock back with LF, Weight back on RF
7-8 Step fwd. LF (7); Hold (8)

SEC 2: TOE STRUT R+L, ¼-STEP-TURN L, CROSS R, HOLD

1-2 Touch right toe fwd.; Drop right heel and take weight on RF
3-4 Touch left toe fwd.; Drop left heel and take weight on LF
5-6 Step fwd. with RF (5); ¼-turn left (9:00) and step on LF (6)
7-8 Cross RF over LF (7), Hold (8)

SEC 3: 2x ¼-TURN R, CROSS L, HOLD, 2x STEP-TOUCH

1-2 ¼-turn right (12:00) and step back with LF (1); ¼-turn right (3:00) and step to side with RF (2)
3-4 Cross LF over RF; Hold
5-6 Step to side with RF; Touch LF near RF
7-8 Step to side with LF; Touch RF near LF

SEC 4: SIDE ROCK R, STEP FWD. R, HOLD, STEP-TURN, STEP FWD. L, HOLD

1-2 Rock RF to side; Weight back on LF
3-4 Step fwd. with RF; Hold
5-6 Step fwd. with LF (5); ½-turn right (9:00) and step on RF (6)
7-8 Step fwd. with LF (7); Hold (8)

START AGAIN AND ENJOY!

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