

The Manger (X-Mas)

拍数: 76 墙数: 1 级数: Phrased Easy Improver
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音乐: The Manger - Anne Wilson & Josh Turner



Intro: 16 Counts

Sequenz: AABBC, Tag 1, AABBC, *Tag 2, C, Tag 3, AAB, *DDDD

Part A: 16 count (1 wall)

A1. Side, touch, side touch, side, together, forward, (r +l)

1&2& Step RF to R side (1), touch LF next to R (&), step LF to left side (2), touch RF next to L (&)
3&4 Step RF to R side (3), step LF next to R (&), step RF forward (4)
5&6& Step LF to L side (5), touch RF next to L (&), step RF to R side (6), touch LF next to R (&)
7&8 Step LF to L side (7), step RF next to L (&), step LF forward (8)

A2. Walk, walk, step turn ½ step, rock recover, coaster step

1-2 Walk RF forward (1), walk LF forward (2),
3&4 Step RF forward (3), ½ turn left (&), step RF forward (4)
5-6 Step LF forward (5), recover on RF (6)
7&8 Step L back (7), step R next to L (&), step L forward (8)

Part B: 16 count (1 wall)

B1. Step lock, step lock step, Step lock, step lock step,

1-2 Step RF forward (1), lock LF behind RF (2)
3&4 Step RF forward (3), lock LF behind R (&), step RF forward (4)
5-6 Step LF forward (5), lock RF behind LF (6)
7&8 Step LF forward (7), lock RF behind L (&), step LF forward (8)

B2. Rock recover, coaster step, rock recover, ½ shuffle turn l

1-2 Rock RF forward (1), recover LF (2)
3&4 Step RF back (3), step L beside RF (&), step RF forward on LF (4)
5-6 Rock LF forward (5), recover on RF (6)

(7-8) (Rock L back (7), recover RF (8) *D

7&8 Turning ¼ left & LF step to the L side (7), step RF next to LF (&), turning ¼ left & LF step forward (8)

Part C: 32 count (1 wall)

C1. Side r, drag, behind side cross, side rock, sailor step

1-2 Make a big step to R with RF (1), Drag LF towards RF (2)
3&4 LF behind RF (3), Step RF to R side (&), Cross LF over RF (4)
5-6 Rock RF to R side (5), Recover on LF (6)
7&8 RF behind LF (7), step LF to L side (&), step RF to R (8)

C2. Step turn r, ½ shuffle turn r, back, back, coaster step

1-2 LF step forward (1), ½ turn right (weight on RF) (2)
3&4 ¼ turn right step LF to left side (3), step RF next to LF (&), ¼ turn right step back on LF (4)
5-6 Walk back on RF (5), walk back on LF (6)
7&8 Step back on RF (7), step LF next to RF (&), step forward on RF (8) *Tag 2

C3. Side l, drag, behind side cross, side rock, sailor step

1-2 Make a big step to L with LF (1), Drag RF towards LF (2)
3&4 RF behind LF (3), Step LF to L side (&), Cross RF over LF (4)
5-6 Rock LF to L side (5), Recover on RF (6)

7&8 LF behind RF (7), step RF to R side (&), step LF to L (8)

C4. Step turn l, ½ shuffle turn l, back, back, coaster step

1-2 RF step forward (1), ½ turn left (weight on LF) (2)

3&4 ¼ turn left step RF to R side (3), step LF next to RF (&), ¼ turn left step back on RF (4)

5-6 Walk back on LF (5), walk back on RF (6)

7&8 Step back on LF (7), step RF next to LF (&), step forward on LF (8) *Tag 1, *Tag 3

Part D: 12 count (2 wall)

D1. Basic waltz forward and back

1-3 Step forward LF (1), step together RF (2), step in-place LF (3)

4-6 Step back RF (4), step together LF (5), step in-place RF (6)

D2. Left twinkle, cross ½ turn r

1-3 Step LF across RF (1), side step RF (2), LF step in-place L (3)

4-6 Step RF across LF (4), ½ turn r on ball (5)+(6) (weight RF)

Note: At the end of B2. change (7-8) to rock LF back (7), recover to RF (8)

Tags 1:

***C.4 After the end of count 32 facing (12:00), add:**

Jazzbox, rocking chair

1-2 Cross RF over LF (1), step back on LF (2)

3-4 Step RF to R side (3), step LF slightly forward (4)

5-6 Rock forward on RF (5), recover on LF (6)

7-8 Rock back on RF (7), recover on LF (8)

Tag 2:

***C.2 After the end of count 16 facing (12:00), add:**

Jazzbox

1-2 Cross LF over RF (1), step back on RF (2)

3-4 Step LF to L side (3), touch RF next to LF (4)

Tag 3:

***C.4 After the end of count 32 facing (12:00), add:**

Jazzbox, forward rock, recover

1-2 Cross RF over LF (1), step back on LF (2)

3-4 Step RF to R side (3), step LF slightly forward (4)

5-6 Rock forward on RF (5), recover on LF (6)

Happy Dancing !

We Wish You A Merry Christmas
