

Reggae Nona Manis

COPPER **NOB**
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner / Improver
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音乐: REGGAE - NONA MANIS (Lirik)



SEQUENCE : AABAABAAB-B-AABAABAAB-B-AABAABAAB-B-A

PART A

S-1. V STEP, LINDI

1 2 Step RF diagonal forward - LF diagonal forward -
3 4 step RF back to centre - LF close to Right
5&6 Step RF to side - Close LF together - Step RF to side
7 8 Step LF behind RF - Recover on RF

S-2. LINDI, JAZZ BOX

1&2 Step LF to side - Close RF together - Step LF to side
3 4 Step RF behind LF - Recover on LF
5 6 7 8 Cross RF over LF - Step LF back - Step RF to side - Close LF beside RF

PART B

S-1. SHUFFLE R/L, MONTEREY

1&2 Step RF forward - Close LF together - Step RF forward
3&4 Step LF forward - Close RF together - Step LF forward
5 6 Touch RF to side - ½ Turn R, close RF together
7 8 Touch LF to side - Close LF together

S-2. GRAPEVINE R/L

1 2 3 4 Step RF to side - Cross LF behind RF - Step RF to side - LF kick
5 6 7 8 Step LF to side - Cross RF behind LF - Step LF to side - RF kick

S-3. FORWARD - SIDE (TOUCH) R/L, BACK - SIDE (TOUCH) R/L

1 2 3 4 Step RF forward - Touch LF to side - Step LF forward - Touch RF to side
5 6 7 8 Step RF back - Touch LF to side - Step LF back - Touch RF to side

S-4. JAZZ BOX, SWAY-SWAY

1 2 3 4 Cross RF over LF - Step LF back - Step RF to side - Close LF beside RF
5 6 7 8 Bump hip to R - Bump hip to L - Bump hip to R - Bump hip to L

Happy Dance :

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