

Man-Yana

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Linda Hegarty (UK)
音乐: Manana (Is Good Enough For Me) - Peggy Lee



SHUFFLE RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, RIGHT-LEFT-RIGHT, STEP LEFT HOLD

1&2 Shuffle forward right left right
3&4 Shuffle forward left right left
5&6 Shuffle forward right left right
7-8 Step left forward and hold

RIGHT ¼ SAILOR, LEFT SAILOR, WALK RIGHT LEFT, TOUCH AND TOUCH

9&10 Sailor on the right while turning ¼ turn right
11&12 Sailor on the left
13-14 Walk forward right left
15&16 Touch right behind left, step right back, touch left in front of right

SHUFFLE LEFT-RIGHT-LEFT, TOUCH AND TOUCH, STEP LEFT ¼ TURN, CROSS SHUFFLE LEFT-RIGHT-LEFT

17&18 Shuffle forward left right left
19&20 Touch right behind left, step right back, touch left in front of right
21-22 Step left forward pivot ¼ turn right
23&24 Cross shuffle left right left over right

TURN ½ TURN LEFT, CROSS SHUFFLE RIGHT-LEFT-RIGHT, TURN ¾ TURN RIGHT, CROSS AND STEP

25-26 Step right left while turning ½ turn left
27&28 Cross shuffle right left right over left
29-30 Step left right while turning ¾ turn right
31&32 Cross step left over right, step right back, step left to left side

CROSS RIGHT HOLD, SHUFFLE LEFT-RIGHT-LEFT, BACK RIGHT HOLD, LEFT ROCK AND CROSS

33-34 Cross right over left hold
35&36 Side shuffle left right left
37-38 Cross right behind left hold
39-40 Rock left to left side, recover onto right, cross left over right

SHUFFLE RIGHT-LEFT-RIGHT, 1 ½ TURN, STEP LEFT ½ TURN, ROCK AND STEP

41&42 Side shuffle right left right
43-44 Step left right while turning 1 ¼ turns right

Instead of counts 43-44 just step left forward and pivot ¼ turn right. This step should be used for beginner dancers

45-46 Step left forward and pivot ½ turn right
47&48 Rock forward left, recover onto right, step left beside right

REPEAT