

# 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