

# Ana Mantu

拍數: 32                      牆數: 4                      級數: High Beginner  
編舞者: Ning Puspa (INA) & Inne (INA) - February 2019  
音樂: Ana Mantu - Alfred Gare (feat. PAX Group)



Intro : 20 counts

## I. ROCKING CHAIR, SIDE BUMP, SIDE BUMP

1 – 2                      Rock RF forward, recover onto LF  
3 – 4                      Rock RF backward, recover onto LF  
5 – 6                      Drop weight to R, bump right hip to R  
7 – 8                      Drop weight to L, bump left hip to L

## II. WALK FORWARD, ½ TURN L SHUFFLE BACK, ROCK RECOVER ½ TURN R SHUFFLE BACK.

1 – 2                      Walk forward RF & LF,  
3 & 4                      Shuffle forward,  
5 – 6                      Rock RF forward, recover onto LF  
7 & 8                      Shuffle backward

### Option :

1 – 2                      Walk forward RF and LF  
3 & 4                      ½ turn to L, shuffle back  
5 – 6                      Rock RF backward, recover onto L  
7 & 8                      ½ turn to R, shuffle back

## III. SIDE SHUFFLE TO R, ¼ TURN TO L SIDE SHUFFLE ( 3 TIMES ).

1 & 2                      Step RF toR, close LF beside RF, step RF to R side (12.00)  
3 & 4                      ¼ turn to L, side shuffle ( 09.00 )  
5 & 6                      ¼ turn L side shuffle ( 06.00 )  
7 & 8                      ¼ turn L side shuffle ( 15.00 )

## IV. HIP BUMP FORWARD & BACKWARD TWICE.

1 & 2                      Step forward on RF diagonal, hip bump twice  
3 & 4                      Recover onto LF, hip bump twice  
5 & 6                      Step backward on RF diagonal, hip bump twice  
7 & 8                      Recover onto LF, hip bump twice

### Restarts :

(1). After 28 counts, on wall 1, 2, 3, 7, 8  
(2). After 20 counts, on wall 6

ILDI - humasildipusat@gmail.com