Mandale



編舞者: Amanda Rizzello (FR) - March 2020

音樂: Mandale - Kamaleon



Intro: 16 counts

O4. Manala a famous and	Manaka kasla	O	0:41-	Distributed	0:4- 0	
S1: Mambo forward.	. Mambo back.	. Cross rock.	Side rock.	. Benina.	Side. Cross	

1&2	RF Rock forward, recover onto LF, RF step back
3&4	LF Rock backward, recover onto RF, LF step forward

5&6& Cross rock RF over LF . Recover weight LF. Rock RF to right side . Recover weight LF

7&8 RF cross behind LF, LF step side, RF cross over LF

S2: 1/4 turn point X2, Step lock step, Step, Together, Shuffle

1-2	Turn ¼ right pointing LF to left, Turn ¼ right pointing LF to left
3&4	Step LF forward , Lock RF behind LF, Step LF forward
5-6	Step RF to right , Step LF next to RF

7&8 Step RF to right, Step LF next to RF, Step RF to right

S3: Side, Close, Side, Touch, Fwd Run 3X Hitch, Back Run 3X Hitch

1-2	Step LF to left, Close RF nex	: to LF –(as you do these count	ts bring arms in front of chest and
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pop chest twice)

3-4 Step LF to left, touch RF next to LF -- (as you do these counts bring arms in front of chest

and pop chest twice)

5&6 Run forward R-L-R as you Hitch LF

7&8 Back L-R-L as you Hitch RF

S4: Mambo side X2 , Shuffle, Shuffle 1/4 Turn

1&2	RF Rock right, recover onto LF, RF step together
3&4	LF rock left, recover onto RF, LF step together
5&6	Step RF to right , Step LF next to RF , Step RF to right

7&8 1/4 turn L & Step LF to left, Step RF next to LF, Step LF to left

No tag No Restart !!! Have fun :)

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