

# Manchester Lady

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Allen Sallis (UK) - September 2020  
音樂: Manchester Lady - Brendan Shine



Intro: 32 beats from start of music.

**[1-8] Grapevine right, grapevine left with quarter turn left.**

1-4              Step R to side, step L behind R, step R to side, close L to R.  
5-8              Step L to side, step R behind L, step L to side with quarter turn left, close R to L.

**[9-16] Right heel hook, heel close, Pigeon toes, Back left coaster step.**

9-12             Touch R heel forward, hook R heel across L shin , Touch R heel forward, close R foot beside L.  
13-14            Heels apart, heels close.  
15 & 16          Step back on L, close R to L, step forward on L.

**Dance restarts here on wall 7**

**[17 - 24] Right rumba box.**

17-20            Step R foot to right, close L to R, step forward with R, close L to R.  
20-24            Step L foot to left, close R to L, step back with L, close R to L.

**[25-32] Quarter Monterey turn right, right Jazz Box with quarter turn right**

25-26            Point R foot to right, close R to L whilst pivoting  $\frac{1}{4}$  turn right on left foot  
27-28            Point L foot to left, close L to R.  
29-32            Cross R over L, step back with L, step R to right with quarter turn right, close L to R.

**On wall 7 dance first 16 steps of the sequence and then restart.**

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