

Nona Manado

拍數: 64 牆數: 2 級數: Improver
編舞者: Wenarika Josephine (INA) - October 2020
音樂: Nona Manado - Rama Aiphama



Intro lyrics: 16 counts / 6 RESTARTS, 1 TAG

Sect 1 FORWARD SHUFFLE (2X), ROCK FWD , ¼ TURN RIGHT , SIDE SHUFFLE

1 & 2 Shuffle forward on R-L-R
3 & 4 Shuffle forward on L-R-L
5 - 6 R rock forward - recover on L
7 & 8 Turn ¼ right , side shuffle on R-L-R(3.00)

Sect 2 WEAVE TO RIGHT WITH HALF TURN, HOLD

1 - 4 Cross L over R - step R to side - L behind R - turn ¼ right step R forward ...(6.00)
5 - 8 Step L forward - turn ½ right step on R - Step L forward - hold(12.00)

Sect 3 WEAVE TO LEFT, TOUCH, WEAVE TO RIGHT , TOUCH

1 - 4 Cross R over L - step L to side - R behind L - touch L to side
5 - 8 Cross L over R - step R to side - L behind R - touch R to side

Sect 4 KNEE POP BACKWALK

1 - 4 Step R back pop L knee - hold - Step L back pop R knee - hold
5 - 6 Step R back pop L knee - step L back pop R knee
7 - 8 Step R back pop L knee - step L back pop R knee

Sect 5 DIAG FORWARD , HEEL TOE SWIVEL, TOUCH

1 Step R diag forward
2 - 4 Swivel L heel toward R - swivel L toe toward R - touch L next to R
5 Step L diag forward
6 - 8 Swivel R heel toward L - swivel R toe toward L - touch R next to L

Sect 6 JAZZ BOX ¼ TURN RIGHT (2X)

1 - 4 Cross R over L - turn ¼ right step L back - R to side - L forward
5 - 8 Cross R over L - turn ¼ right step L back - R to side - L forward ... (6.00)

Sect 7 OUT OUT, IN IN , HOLD & CLAP , HEEL SWIVELS

&1 - 2 Step R to side - step L to side - hold & clap
&3 - 4 Step R in centre - step L next to R - hold & clap
5 - 8 Swivel both heels to right - left - right - center

Sect 8 SIDE TOUCHES

1 - 4 Touch R to side - step R in place - touch L to side - step L beside R
5 - 8 Touch R to side - step R in place - touch L to side - step L beside R

*TAG : on wall 5 after 16 counts

Jazzbox : cross R over L - step L back - R to side - L forward

*RESTARTS :

Wall 1 (56 cts) - Wall 3 (16cts) - wall 5 (16cts) TAG - wall 6 (56cts) - wall 8 (16cts) - wall 10(16cts)

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