

Manado Cha*

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Anna Bax (INA) & Silvi Laurent (INA) - June 2021
音樂: Balada Pelaut (Dansa Remix)



Intro music on vocal 4 counts

S1. SCISSOR - CROSS - TURN ¼ FWD SHUFFLE - ROCKIN CHAIR - CROSS

1 - 2 - 3 Step R to side, Close L together, Cross R over left
4 & 5 Turn ¼ left Step L forward (facing on 09:00), Lock R behind left, Step L forward
6 - 7 Rock R forward, Recover on left
8 & 1 Rock R backward, Recover on left, Cross R over left

S2. JAZZ BOX - JUMP DIAGONAL (R-L) - JUMP (SIDE)

2 - 3 - 4 Rock L backward, Step R to side, Rock L forward
& 5 & 6 Jump R diagonal forward, Touch L beside right hip up with bumb, Jump L diagonal forward,
Touch R beside right hip up with bumb
& 7 & 8 & Step R to side with jump, Touch L beside right hip up with bumb, Switched hip-bumb (up -
down - up) R in place

S3. SWITCHES BACK ROCK - RECOVER

1 - 2 - 3 & 4 Rock L backward, Recover on R, Turn ¼ right Step L slightly to left side (facing on 12:00),
Turn ¼ right Step R slightly to side (facing on 03:00), Close L slightly beside right (still facing
on 03:00)
5 - 6 - 7 & 8 Rock R backward (still facing on 03:00), Recover on L, Turn ¼ left Step R slightly to right side
(facing on 12:00), Turn ¼ left Step L slightly beside right (facing on 09:00) Close R together

S4. SIDE ROCK - RECOVER - CROSS SHUFFLE - FWD KICK - SIDE KICK - FLICK - BRUSH

1 - 2 Rock L to side, Recover on R
3 & 4 Cross L over right, Step R to side, Cross L over right
5 - 6 - 7 - 8 Kick R forward, Kick R side, R flick, Step R brush

NOTE

OPTION For Section 4

5 - 6 Touch R forward, Touch R side

And : ReStart on wall 8 (after 20 counts) facing on 06:00

Thank you...

Enjoy your dance! ♥☐

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