

Manis Bukan Gula

拍數: 32 牆數: 4 級數: Improver
編舞者: Norsiana Nitbani (INA) - July 2021
音樂: Manis Bukan Gula - Stegga Bwoy : (Remake)



SECTION 1 : HEEL TOE FORWARD, CHASSE, SIDE TOUCH

1 - 2 RF heel to right forward, RF toe beside LF
3 & 4 Step RF right to side, step LF beside RF, step RF right to side
5 - 6 LF heel to left forward, LF toe beside LF
7 - 8 Step LF left to side, touch RF beside LF

SECTION 2 : ROCK BACK, KICK BALL CHANGE (2X), PIVOT ¼ TURN

1 - 2 Rock RF backward, replace the weight back onto LF
3 & 4 Kick forward on RF, step RF beside LF, step in place on LF
5 & 6 Kick forward on RF, step RF beside LF, step in place on LF
7 - 8 Step RF forward, turn ¼ LF, bring weight on LF

SECTION 3 : ROCK FORWARD, COASTER STEP, MONTEREY

1 - 2 Rock RF forward (bend knee), replace the weight back onto LF
3 & 4 Step RF backward, step LF beside RF, step RF forward
5 - 6 Touch LF toe left to side, turn ½ LF, step LF beside RF
7 - 8 Touch RF toe right to side, step RF beside LF

SECTION 4 : SIDE MAMBO, BACK (4x)

1 & 2 Rock LF left to side, recover on RF, step LF beside RF
3 & 4 Rock RF right to side, recover on LF, step RF beside LF
5 - 6 Step LF backward, step RF backward
7 - 8 Step LF backward, close RF next to LF

Tag 1 (Long Tag /LT) : After Wall 3 (32 Counts)

Section 1 (Starts Facing 9.00) ROCK SIDE, BEHIND SIDE CROSS

1 - 2 Rock RF right to side, replace the weight back onto LF
3 & 4 Cross RF behind LF, step LF left to side, cross RF over LF
5 - 6 Rock LF left to side, replace the weight back onto RF
7 & 8 Cross LF behind RF, step RF right to side, cross LF over RF

Section 2 CHARLESTON SWIVEL, ½ PADDLE TURN, TOUCH (4x)

1 & 2 Touch RF toe forward both heels in, both heels out, touch back on RF both heels in
&3&4 Both heels out, touch LF toe back on RF, both heels out, touch LF forward, both heels in
5 - 6 Point RF right to side, turn ¼ LF, point RF right to side
7 - 8 Turn ¼ LF, point RF right to side, touch RF beside LF

Section 3 (Facing 3.00) ROCK SIDE, BEHIND SIDE CROSS

1 - 2 Rock LF left to side, replace the weight back onto RF
3 & 4 Cross LF behind RF, step RF right to side, cross LF over RF
5 - 6 Rock RF right to side, replace the weight back onto LF
7 & 8 Cross RF behind LF, step LF to left side, cross RF over LF

Section 4 CHARLESTON SWIVEL, ½ PADDLE TURN, TOUCH (4x)

1 & 2 Touch LF toe forward both heels in, both heels out, touch back on LF both heels in
&3&4 Both heels out, touch RF toe back on LF, both heels out, touch RF forward, both heels in
5 - 6 Point LF left to side, turn ¼ RF, point LF left to side

7 - 8 Turn $\frac{1}{4}$ RF, point LF left to side, touch LF beside RF

Tag 2 : After wall 4 & 7

Walk around to 12:00

1 - 8 Slowly walk around, start with RF

Tag 3 : After wall 5

V Step - Out out, In in

1 - 2 Step RF forward diagonally right, step LF forward diagonally left

3 - 4 Step RF back to center, step LF next to RF

Enjoy the dancing.....

Contact : Norsiana74@gmail.com
