

Mana Lolo Banda

拍數: 32 牆數: 4 級數: Improver
編舞者: Tanti Damayanti (INA) - November 2021
音樂: Mana Lolo Banda, Nusa Tenggara Timur



Intro 36 count

SECTION 1: SHAMBA WISK, 1/2 VOLTA TURN RIGHT.

1 a2 Step RF to R side, rock cross LF behind RF, recover onto R
3 a4 Step LF to L side, rock cross RF behind LF, recover onto LF
5 & 1/8 turn R crossing RF over LF, step ball of LF slightly behind RF.
6&7&8 Repeat 5&.

SECTION 2: SHAMBA WISK, 1/2 VOLTA TURN LEFT.

1 a2 Step LF to L side, rock cross RF behind LF, recover onto LF
3 a4 Step RF to R side, rock cross LF behind RF, recover onto RF
5 & 1/8 turn L crossing LF over RF, step ball of RF slightly behind LF.
6&7&8 Repeat 5&.

SECTION 3: SHYNCOPAIDE CROSS R, SHYNCOPAIDE CROSS L.

1 & 2 cross RF over LF, step LF to L side, cross RF over LF
&3 &4 step LF to L side, cross RF over LF, step LF to L side, cross RF over LF
5 & 6 cross LF over RF, step RF to R side, cross LF over RF
&7 &8 step RF to R side, cross LF over RF, step RF to R side, cross LF over RF.

SECTION 4: MAMBO STEP, JAZZ BOX 1/4 TURN R.

1 & 2 Rock RF forward, recover onto LF, step RF back forward.
3 & 4 Rock LF back forward, recover onto RF, step LF forward.
5 6 7 8 cross RF over LF, 1/4 turn R step LF back (03.00), step RF to R side, cross LF over RF.

TAG : after walls 1, 4, 5

SWAY R, SWAY L

1 2 Step and sway R to R side, sway L
3 4 Repeat 1 and 2

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