

Manila

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sonny V. (DE) - November 2021
音樂: Manila - Ray Dalton & Alvaro Soler



No Tag / No Restart

Start directly with music, on the word „Manila“

[1-8] Rocking Chair, Side Rock Recover (Hip Roll) 2x

1-2 RF rock fwd. - recover on LF
3-4 RF rock back - recover on LF
5-6 RF rock and hip roll right - recover on LF
7-8 RF rock and hip roll right - recover on LF

[9-16] Behind Side Cross, Left, Side Rock Recover (Hip Roll) 2x

1-2 RF behind LF - LF left
3-4 RF cross over LF - LF left
5-6 RF rock and hip roll right - recover on LF
7-8 RF rock and hip roll right - recover on LF

[17-24] Grapevine R, Cross, Side Rock Recover (Hip Roll) 2x

1-2 RF right - LF behind RF
3-4 RF right - LF cross RF
5-6 RF rock and hip roll right - recover on LF
7-8 RF rock and hip roll right - recover on LF

[25-32] Rock Back Recover, Step 1/2 Turn Left, Step 1/8 Turn Left (Hip Roll) 2x

1-2 RF rock back - recover on LF
3-4 RF fwd. - 1/2 turn left step on LF (6:00)
5-6 RF fwd. and hip roll right - recover on LF 1/8 turn left (4:30)
7-8 RF fwd. and hip roll right - recover on LF 1/8 turn left (3:00)

Start again and have fun ☐

Hip Rolls:

Start to practise with simple side rock steps. Then add the rolling hip motion:

When you shift your weight to the right foot you start to roll your hips right forward and clockwise till your weight gets back to the left foot. In the last section you just add a little (1/8) turning move.

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