

# The Manual

拍數: 32      牆數: 4      級數: Improver  
編舞者: Anna-Maria Mejlon (SWE) - January 2022  
音樂: The Manual - Miss Li



(This is the same choreo as my dance "Instruktionsboken" but this is the English version of the song)

Intro: Start after 32 counts

## Side behind side touch, side behind side together

- 1-2            step L to left side, step R behind L,
- 3-4            step L to left side, touch R next to L
- 5-6            step R to right side, step L behind R
- 7-8            step R to right side, step together (weight on L)

**Note: (Here is a Restart on Wall 4; instead of stepping together keep the weight on R and do a touch instead)**

## Step ¼ step, hold, turn ½, turn ½, step, hold

- 1-2            step forward with R, turn ¼ to left side weight then on L
- 3-4            step forward with R, hold
- 5-6            turn ½ to right side stepping back with L, turn ½ to right side stepping forward with R
- 7-8            step forward with L, hold

## Jazz box, V step

- 1-2            step R crossing L, step back with L,
- 3-4            step R to right side, step together (weight on L)
- 5-6            step R forward on R diagonal, step L forward on L diagonal
- 7-8            step R back to centre, step L beside R

## Step ½, turn ½, turn ½, step, hold, touch, hold

- 1-2            step forward on R, turn ½ to left side
- 3-4            turn ½ to left side stepping back with R, turn ½ to left side stepping forward with L
- 5-6            step forward on R, hold
- 7-8            touch L beside R, hold

**Restarts: Wall 4 after the first 8 counts, keeping the weight on R and do a touch instead**

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