

# My Nona Manis

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Wiesye Baraoh (INA) - October 2022  
音樂: My Nona Manis - Abylio



**\*Start: On Vocal "Body"**

**Section 1: SIDE - TOGETHER - SIDE - TOUCH (RIGHT / LEFT)**

1 2 3 4      Step R to right side, Step L to R, Step R to right side, Touch L to R  
5 6 7 8.      Step L to left side, Step R to L, Step L to left side, Touch R to L

**Section 2: FORWARD, RECOVER, BACK , TOUCH, FORWARD L/R/L, BRUSH**

1 2 3 4.      Step forward on R, Recover on L, Step back on R, Touch L forward  
5 6 7 8.      Step Forward on L, R, L, Brush R

**Section 3: ROCKING CHAIR, FORWARD & BUMP (x2)**

1 2 3 4.      Step forward on R, Recover on L, Step back on R, Recover on L  
5 6 7 8.      Step forward on R hip bump, Recover on L hip bump, Hips bump R, L

**Section 4: FORWARD, FORWARD, PIVOT 1/4 , TOGETHER, SIDE TOUCH BEHIND (x2)**

1 2 3 4.      Step forward on R, Step forward on L, pivot 1/4 turn right , Step L to R  
5 6 7 8.      Step R to right side, Touch L behind R, Step L to left side, Touch R behind L

**TAG: add the end of walls 3, 4, 5, 7, 10, 11**

**Repeat Steps ( 5, 6, 7, 8 ) from section 4**

**Have fun**

**Contact: [bwiesye@yahoo.com](mailto:bwiesye@yahoo.com)**

---