

Manasai

拍數: 80 牆數: 4 級數: Phrased Improver
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音樂: Kreasi Manasai - Indra Effe



Intro Manasai Dance Creativity Sequence ABBA TAG A TAG A BBBB TAG A

PART A

S1. SIDE - CLOSE - SIDE - TOUCH

1 – 2 Step R to right side, step L beside R
3 – 4 Step R to right side, touch L beside R
5 – 6 Step L to left side, step R beside L
7 – 8 Step L to left side, touch R beside L

S2. FORWARD - TURN - TOUCH

1 – 2 Step forward on R, step forward on L
3 – 4 1/4 turn right step R in place, touch L beside R
5 – 6 1/4 turn left step forward on L, step forward on R
7 – 8 1/4 turn left step L in place, touch R beside L

S3. ROCK FORWARD - BACK SHUFFLE - BACK ROCK - FORWARD SHUFFLE

1 – 2 Step forward on R, recover on L
3 & 4 Step back on R, step L beside R, step back on R
5 – 6 Step back on L, recover on R
7 & 8 Step forward on L, step R beside L, step forward on L

S4. JAZZBOX TURN - ROCKING CHAIR

1 – 2 Cross R over L, 1/4 turn right step back on L
3 – 4 Step R to right side, step forward on L
5 – 6 Step forward on R, recover on L
7 – 8 Step back on R, recover on L

S5. FORWARD - IN PLACE - BACKWARD - IN PLACE

1 – 2 Step forward on R, step L beside R
3 – 4 Step R in place, step L in place
5 – 6 Step back on R, step L beside R
7 – 8 Step R in place, step L in place

S6. SIDE - CLOSE - FORWARD LOCK SHUFFLE - BACKWARD LOCK SHUFFLE

1 – 2 Step R to right side, step L beside R
3 & 4 Step forward on R, step forward on L slightly behind R, step forward on R
5 – 6 Step L to left side, step R beside L
7 & 8 Step back on L, step back on R over L, step back on L

S7. SIDE ROCK - CROSS SHUFFLE- TURN - CROSS SHUFFLE - SIDE ROCK

1 – 2 Step R to right side, recover on L
3 & 4 Cross R over L, step L to left side, cross R over L
5 & 6 1/2 turn left cross L over R, step R to right side, cross L over R
7 – 8 Step R to right side, recover on L

S8. JAZZBOX TURN - V STEP

1 – 2 Cross R over L, 1/4 turn right step back on L

- 3 – 4 Step R to right side, step forward on L
- 5 – 6 Step R to right diagonal, step L to left diagonal
- 7 – 8 Step back on R to center, step L beside R

PART B

S1. FORWARD - TOUCH - BACKWARD - TOUCH

- 1 – 2 Step forward on R, step forward on L
- 3 – 4 Step forward on R, touch L beside R
- 5 – 6 Step back on L, step back on R
- 7 – 8 Step back on L, touch R beside L

S2. FORWARD - POINT - BACKWARD - POINT - JAZZBOX TURN

- 1 – 2 Step forward on R, point L to left side
- 3 – 4 Cross back on L slightly behind R, point R to right side
- 5 – 6 Cross R over L, 1/4 turn right step back on L
- 7 – 8 Step R to right side, step forward on L

NOTE

TAG On wall 3, 4 & 5

- 1 – 2 Step R to right side, cross touch L behind R
- 3 – 4 Step L to left side, cross touch R behind L

Ending

After 60 Count

- 5 – 6 Cross R over L, 1/4 turn right step back on L
- 7 – 8 Step R to right side, step L beside R

ENJOY THE DANCE

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