

# Reggae Nona Manis

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 4      級數: Beginner / Improver  
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音樂: REGGAE - NONA MANIS (Lirik)



SEQUENCE : AABAABAAB-B-AABAABAAB-B-AABAABAAB-B-A

## PART A

### S-1. V STEP, LINDI

1 2            Step RF diagonal forward - LF diagonal forward -  
3 4            step RF back to centre - LF close to Right  
5&6          Step RF to side - Close LF together - Step RF to side  
7 8            Step LF behind RF - Recover on RF

### S-2. LINDI, JAZZ BOX

1&2          Step LF to side - Close RF together - Step LF to side  
3 4          Step RF behind LF - Recover on LF  
5 6 7 8      Cross RF over LF - Step LF back - Step RF to side - Close LF beside RF

## PART B

### S-1. SHUFFLE R/L, MONTEREY

1&2          Step RF forward - Close LF together - Step RF forward  
3&4          Step LF forward - Close RF together - Step LF forward  
5 6          Touch RF to side - ½ Turn R, close RF together  
7 8          Touch LF to side - Close LF together

### S-2. GRAPEVINE R/L

1 2 3 4      Step RF to side - Cross LF behind RF - Step RF to side - LF kick  
5 6 7 8      Step LF to side - Cross RF behind LF - Step LF to side - RF kick

### S-3. FORWARD - SIDE (TOUCH) R/L, BACK - SIDE (TOUCH) R/L

1 2 3 4      Step RF forward - Touch LF to side - Step LF forward - Touch RF to side  
5 6 7 8      Step RF back - Touch LF to side - Step LF back - Touch RF to side

### S-4. JAZZ BOX, SWAY-SWAY

1 2 3 4      Cross RF over LF - Step LF back - Step RF to side - Close LF beside RF  
5 6 7 8      Bump hip to R - Bump hip to L - Bump hip to R - Bump hip to L

Happy Dance :

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