

Manja

拍數: 32 牆數: 4 級數: Beginner
編舞者: Heity Ariaty (INA) & Sawina (INA) - July 2024
音樂: Bete - Manis Manja Group



Intro : 36 Counts

***3 Tags

**2 Restarts

S.1 : CROSS SHUFFLE - SIDE MAMBO - FORWARD MAMBO - BACK MAMBO

1&2 Step R cross over L (1) - step L to R side (&) - step R cross over L (2)
3&4 Step L to side (3) - recover R (&) - step L beside R (4)
5&6 Step R fwd (5) - recover L (&) - step R back (6)
7&8 Step L back (7) - recover R (&) - step L fwd (8)

S.2 : V STEP - 1/4 PADLE

1 - 2 Step R diagonal fwd (1) - step L diagonal fwd L (2)
3 - 4 Step R back to center (3) - step L back beside R (4)
5 - 6 Step R 1/8 turn L (5) - recover L (6) (facing 10.30)
7 - 8 Step R 1/8 turn L (7) - recover L (8) (facing 09.00)

S.3 : FORWARD TOUCH W/ HIP BUMP - 1/2 TURN FORWARD TOUCH W/ HIP BUMP - FORWARD SHUFFLE - 1/2 PIVOT

1 - 2 Touch R fwd (1) - step R 1/4 turn L (2)
3 - 4 Touch L fwd (3) - step L beside R (4) (facing 3.00)
5&6 Step R fwd (5) - step L behind R (&) - step R fwd (6)
7 - 8 Step L fwd (7) - pivot 1/2 R on L (8)

S.4 : MAMBO CROSS - SIDE MAMBO - JAZZBOX

1&2 Step L to side (1) - recover R (&) - step L cross over R (2)
3&4 Step R to side (3) - recover L (&) - step R touch beside L (4)
5 - 6 Step R cross over L (5) - step L back (6)
7 - 8 Step R beside L (7) - step L next to R on R (8)

Restart : On walls 2 & 7 after 20 C

Tag : After wall 3, 5, 8

V STEP

1 - 2 Step R diagonal fwd (1) - step L diagonal fwd (2)
3 - 4 Step R back to center (3) - Step L back beside R

sawina.imang.sastramihardja@gmail.com

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