

# Manja

拍數: 32      牆數: 4      級數: Beginner  
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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

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