

# Man-Yana

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Linda Hegarty (UK)  
音樂: Manana (Is Good Enough For Me) - Peggy Lee



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## SHUFFLE RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, RIGHT-LEFT-RIGHT, STEP LEFT HOLD

1&2      Shuffle forward right left right  
3&4      Shuffle forward left right left  
5&6      Shuffle forward right left right  
7-8      Step left forward and hold

## RIGHT ¼ SAILOR, LEFT SAILOR, WALK RIGHT LEFT, TOUCH AND TOUCH

9&10      Sailor on the right while turning ¼ turn right  
11&12      Sailor on the left  
13-14      Walk forward right left  
15&16      Touch right behind left, step right back, touch left in front of right

## SHUFFLE LEFT-RIGHT-LEFT, TOUCH AND TOUCH, STEP LEFT ¼ TURN, CROSS SHUFFLE LEFT-RIGHT-LEFT

17&18      Shuffle forward left right left  
19&20      Touch right behind left, step right back, touch left in front of right  
21-22      Step left forward pivot ¼ turn right  
23&24      Cross shuffle left right left over right

## TURN ½ TURN LEFT, CROSS SHUFFLE RIGHT-LEFT-RIGHT, TURN ¾ TURN RIGHT, CROSS AND STEP

25-26      Step right left while turning ½ turn left  
27&28      Cross shuffle right left right over left  
29-30      Step left right while turning ¾ turn right  
31&32      Cross step left over right, step right back, step left to left side

## CROSS RIGHT HOLD, SHUFFLE LEFT-RIGHT-LEFT, BACK RIGHT HOLD, LEFT ROCK AND CROSS

33-34      Cross right over left hold  
35&36      Side shuffle left right left  
37-38      Cross right behind left hold  
39-40      Rock left to left side, recover onto right, cross left over right

## SHUFFLE RIGHT-LEFT-RIGHT, 1 ½ TURN, STEP LEFT ½ TURN, ROCK AND STEP

41&42      Side shuffle right left right  
43-44      Step left right while turning 1 ¼ turns right

**Instead of counts 43-44 just step left forward and pivot ¼ turn right. This step should be used for beginner dancers**

45-46      Step left forward and pivot ½ turn right  
47&48      Rock forward left, recover onto right, step left beside right

**REPEAT**

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