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| Nona Manado |  |

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| . | | | | | | |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Wenarika Josephine (INA) - October 2020 | | | | |
| **Music:** | Nona Manado - Rama Aiphama | | | | |
| . | | | | | | |

**Intro lyrics: 16 counts / 6 RESTARTS, 1 TAG**

**Sect 1 FORWARD SHUFFLE (2X), ROCK FWD , ¼ TURN RIGHT , SIDE SHUFFLE**

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| --- | --- |
| 1 & 2 | Shuffle forward on R-L-R |

|  |  |
| --- | --- |
| 3 & 4 | Shuffle forward on L-R-L |

|  |  |
| --- | --- |
| 5 - 6 | R rock forward - recover on L |

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| --- | --- |
| 7 & 8 | Turn ¼ right , side shuffle on R-L-R ….(3.00) |

**Sect 2 WEAVE TO RIGHT WITH HALF TURN, HOLD**

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| --- | --- |
| 1 - 4 | Cross L over R - step R to side - L behind R - turn ¼ right step R forward …(6.00) |

|  |  |
| --- | --- |
| 5 - 8 | Step L forward - turn ½ right step on R - Step L forward - hold ……………..(12.00) |

**Sect 3 WEAVE TO LEFT, TOUCH, WEAVE TO RIGHT , TOUCH**

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| --- | --- |
| 1 - 4 | Cross R over L - step L to side - R behind L - touch L to side |

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| --- | --- |
| 5 - 8 | Cross L over R - step R to side - L behind R - touch R to side |

**Sect 4 KNEE POP BACKWALK**

|  |  |
| --- | --- |
| 1 - 4 | Step R back pop L knee - hold - Step L back pop R knee - hold |

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| --- | --- |
| 5 - 6 | Step R back pop L knee - step L back pop R knee |

|  |  |
| --- | --- |
| 7 - 8 | Step R back pop L knee - step L back pop R knee |

**Sect 5 DIAG FORWARD , HEEL TOE SWIVEL, TOUCH**

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| --- | --- |
| 1 | Step R diag forward |

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| 2 - 4 | Swivel L heel toward R - swivel L toe toward R - touch L next to R |

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| --- | --- |
| 5 | Step L diag forward |

|  |  |
| --- | --- |
| 6 - 8 | Swivel R heel toward L - swivel R toe toward L - touch R next to L |

**Sect 6 JAZZ BOX ¼ TURN RIGHT (2X)**

|  |  |
| --- | --- |
| 1 - 4 | Cross R over L - turn ¼ right step L back - R to side - L forward |

|  |  |
| --- | --- |
| 5 - 8 | Cross R over L - turn ¼ right step L back - R to side - L forward … (6.00) |

**Sect 7 OUT OUT, IN IN , HOLD & CLAP , HEEL SWIVELS**

|  |  |
| --- | --- |
| &1 - 2 | Step R to side - step L to side - hold & clap |

|  |  |
| --- | --- |
| &3 - 4 | Step R in centre - step L next to R - hold & clap |

|  |  |
| --- | --- |
| 5 - 8 | Swivel both heels to right - left - right - center |

**Sect 8 SIDE TOUCHES**

|  |  |
| --- | --- |
| 1 - 4 | Touch R to side - step R in place - touch L to side - step L beside R |

|  |  |
| --- | --- |
| 5 - 8 | Touch R to side - step R in place - touch L to side - step L beside R |

**\*TAG : on wall 5 after 16 counts**

**Jazzbox : cross R over L - step L back - R to side - L forward**

**\*RESTARTS :**

**Wall 1 (56 cts) - Wall 3 (16cts) - wall 5 (16cts) TAG - wall 6 (56cts) - wall 8 (16cts) - wall 10(16cts)**

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