My Nona Manis



Count: 32 Wall: 4 Level: Improver

Choreographer: Wiesye Baraoh (INA) - October 2022

Music: My Nona Manis - Abylio



*Start: On Vocal "Body"

Section 1: SIDE - TOGETHER - SIDE - TOUCH (RIGHT / LEFT)

Step R to right side, Step L to R, Step R to right side, Touch L to RStep L to left side, Step R to L, Step L to left side, Touch R to L

Section 2: FORWARD, RECOVER, BACK, TOUCH, FORWARD L/R/L, BRUSH

1 2 3 4. Step forward on R, Recover on L, Step back on R, Touch L forward

5 6 7 8. Step Forward on L, R, L, Brush R

Section 3: ROCKING CHAIR, FORWARD & BUMP (x2)

1 2 3 4. Step forward on R, Recover on L, Step back on R, Recover on L5 6 7 8. Step forward on R hip bump, Recover on L hip bump, Hips bumb R, L

Section 4: FORWARD, FORWARD, PIVOT 1/4, TOGETHER, SIDE TOUCH BEHIND (x2)

1 2 3 4. Step forward on R, Step forward on L, pivot 1/4 turn right, Step L to R

5 6 7 8. Step R to right side, Touch L behind R, Step L to left side, Touch R behind L

TAG: add the end of walls 3, 4, 5. 7, 10, 11 Repeat Steps (5, 6, 7, 8) from section 4

Have fun

Contact: bwiesye@yahoo.com