

Nona Manis

拍数: 32 墙数: 4 级数: Beginner
编舞者: Caecilia M Fatruan (INA) - May 2021
音乐: Nona Manis - Abylio



The Dance begins when the Singer sings.

S1. STEP FWD DIAGONALLY, STEP BACK DIAGONALLY

- 1-2 RF Step fwd diagonally to the R side, LF close
- 3-4 LF step back diagonally to the L side, RF close
- 5-6 RF step back diagonally to the R side, LF close
- 7-8 LF step Fwd diagonally to the L side, RF close

S2. PIVOT ¼ TURN 2x, JAZZ BOX

- 1-2 RF step fwd weight on R, LF ¼ turn to the L side
- 3-4 RF step fwd weight on R, LF ¼ turn to the L side
- 5-6 RF step in front of LF, LF step to the L side while ¼ turn to the R side
- 7-8 RF step to the right side, LF Step in front of RF

S3. TIP TOE, HEEL, STEP FWD, ROCK RECOVER

- 1-2 RF Tip toe, RF heel
- 3-4 RF Step Fwd, LF Tip Toe
- 5-6 LF Heel, LF Step Fwd
- 7-8 RF Rock Fwd, Recover on LF

S4. HALF TURN RIGHT CHASSE, HALF TURN LEFT CHASSE, STEP BACK, HIP SWAY

- 1&2 RF step ¼ turn to the R side, LF step close (&) RF step to R side while ¼ turn to R side
- 3&4 LF step ¼ turn to L side, RF close while 1/4 turn to R side (&) LF step to R side while ¼ turn the R side
- 5-6-7-8 RF step back, recover on LF while Hip Sway R,L,R,L

TAG 4 count, After Walls 3, 4, 5, 7, 10, 11

- 1-2-3-4 Swivel both heels Right Fwd diagonally

Well Done..You did it