

# Manasai

拍数: 80                      墙数: 4                      级数: Phrased Improver  
编舞者: Stev (INA) - March 2023  
音乐: Kreasi Manasai - Indra Effe



## Intro Manasai Dance Creativity Sequence ABBA TAG A TAG A BBBB TAG A

### PART A

#### S1. SIDE - CLOSE - SIDE - TOUCH

1 – 2                      Step R to right side, step L beside R  
3 – 4                      Step R to right side, touch L beside R  
5 – 6                      Step L to left side, step R beside L  
7 – 8                      Step L to left side, touch R beside L

#### S2. FORWARD - TURN - TOUCH

1 – 2                      Step forward on R, step forward on L  
3 – 4                      1/4 turn right step R in place, touch L beside R  
5 – 6                      1/4 turn left step forward on L, step forward on R  
7 – 8                      1/4 turn left step L in place, touch R beside L

#### S3. ROCK FORWARD - BACK SHUFFLE - BACK ROCK - FORWARD SHUFFLE

1 – 2                      Step forward on R, recover on L  
3 & 4                      Step back on R, step L beside R, step back on R  
5 – 6                      Step back on L, recover on R  
7 & 8                      Step forward on L, step R beside L, step forward on L

#### S4. JAZZBOX TURN - ROCKING CHAIR

1 – 2                      Cross R over L, 1/4 turn right step back on L  
3 – 4                      Step R to right side, step forward on L  
5 – 6                      Step forward on R, recover on L  
7 – 8                      Step back on R, recover on L

#### S5. FORWARD - IN PLACE - BACKWARD - IN PLACE

1 – 2                      Step forward on R, step L beside R  
3 – 4                      Step R in place, step L in place  
5 – 6                      Step back on R, step L beside R  
7 – 8                      Step R in place, step L in place

#### S6. SIDE - CLOSE - FORWARD LOCK SHUFFLE - BACKWARD LOCK SHUFFLE

1 – 2                      Step R to right side, step L beside R  
3 & 4                      Step forward on R, step forward on L slightly behind R, step forward on R  
5 – 6                      Step L to left side, step R beside L  
7 & 8                      Step back on L, step back on R over L, step back on L

#### S7. SIDE ROCK - CROSS SHUFFLE- TURN - CROSS SHUFFLE - SIDE ROCK

1 – 2                      Step R to right side, recover on L  
3 & 4                      Cross R over L, step L to left side, cross R over L  
5 & 6                      1/2 turn left cross L over R, step R to right side, cross L over R  
7 – 8                      Step R to right side, recover on L

#### S8. JAZZBOX TURN - V STEP

1 – 2                      Cross R over L, 1/4 turn right step back on L

- 3 – 4 Step R to right side, step forward on L
- 5 – 6 Step R to right diagonal, step L to left diagonal
- 7 – 8 Step back on R to center, step L beside R

**PART B**

**S1. FORWARD - TOUCH - BACKWARD - TOUCH**

- 1 – 2 Step forward on R, step forward on L
- 3 – 4 Step forward on R, touch L beside R
- 5 – 6 Step back on L, step back on R
- 7 – 8 Step back on L, touch R beside L

**S2. FORWARD - POINT - BACKWARD - POINT - JAZZBOX TURN**

- 1 – 2 Step forward on R, point L to left side
- 3 – 4 Cross back on L slightly behind R, point R to right side
- 5 – 6 Cross R over L, 1/4 turn right step back on L
- 7 – 8 Step R to right side, step forward on L

**NOTE**

**TAG On wall 3, 4 & 5**

- 1 – 2 Step R to right side, cross touch L behind R
- 3 – 4 Step L to left side, cross touch R behind L

**Ending**

**After 60 Count**

- 5 – 6 Cross R over L, 1/4 turn right step back on L
- 7 – 8 Step R to right side, step L beside R

**ENJOY THE DANCE**

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