

Ana Mantu

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Count: 32 **Wall:** 4 **Level:** High Beginner

Choreographer: Ning Puspa & Inne ILDI (INA, February 2019)

Music: Ana Mantu, by Alfred Gare ft PAX Group

Intro : 20 counts

I. ROCKING CHAIR, SIDE BUMP, SIDE BUMP

- 1 - 2: Rock RF forward, recover onto LF**
- 3 - 4: Rock RF backward, recover onto LF**
- 5 - 6: Drop weight to R, bump right hip to R**
- 7 - 8: Drop weight to L, bump left hip to L**

II. WALK FORWARD, ½ TURN L SHUFFLE BACK, ROCK RECOVER ½ TURN R SHUFFLE BACK.

- 1 - 2: Walk forward RF & LF,**
- 3 & 4: Shuffle forward,**
- 5 - 6: Rock RF forward, recover onto LF**
- 7 & 8: Shuffle backward**

Option :

- 1 - 2: Walk forward RF and LF**
- 3 & 4: ½ turn to L, shuffle back**
- 5 - 6: Rock RF backward, recover onto L**
- 7 & 8: ½ turn to R, shuffle back**

III. SIDE SHUFFLE TO R, ¼ TURN TO L SIDE SHUFFLE (3 TIMES).

1 & 2: Step RF toR, close LF beside RF, step RF to R side (12.00)

3 & 4: ¼ turn to L, side shuffle (09.00)

5 & 6: ¼ turn L side shuffle (06.00)

7 & 8: ¼ turn L side shuffle (15.00)

IV. HIP BUMP FORWARD & BACKWARD TWICE.

1 & 2: Step forward on RF diagonal, hip bump twice

3 & 4: Recover onto LF, hip bump twice

5 & 6: Step backward on RF diagonal, hip bump twice

7 & 8: Recover onto LF, hip bump twice

Restarts :

(1). After 28 counts, on wall 1, 2, 3, 7, 8

(2). After 20 counts, on wall 6

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