

Manok Na Pula

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Count: 108

Wall: 4

Level: Phrased Intermediate

Choreographer: Roly Ansano (USA) January 2020

Music: Manok Na Pula Disco Remix by Vic Desucatan

Sequence: A-BB-A-BB-A-B(1-16)-B(1-16)

Intro: 32

A (1-32) ANGLED STEP-LOCK SEQUENCE, SLOW MAMBO STEP, HIP ROLLS

- 1-4** Step R diagonally forward, step L behind R, step R diagonally forward, hold
- 5-8** Step L diagonally forward, step R behind L, step L diagonally forward, hold
- 9-12** Rock R forward, recover, step R back, step L together
- 13-14** Step R side, roll hips to left and touch L in place
- 15-16** Step L side, roll hips to right and touch R in place
- 17-32** Repeat steps 1-16

Styling: 1-8 Arms at sides, bend elbows and push hands forward

- 17-24** Arms at sides, push hands down with wrists bent up

A (33-64) VINE TO RIGHT, VINE TO LEFT, ROCK STEP SEQUENCE

- 1-4** Step R side, cross L behind, step R side, touch L together
- 5-8** Step L side, cross R behind, step L side, touch R together
- 9-16** Repeat steps 1-8.
- 17-20** Rock R forward, recover, rock R back, recover
- 21-24** Rock R side, recover, step R together, hold
- 25-32** Repeat steps 17-24 leading with Left Foot

B (1-16) CROSS-BACK-TURN-CLOSE, HIP ROLLS

- 1-4** Cross R over, step L back, turn 1/4 right and step R side, step L together
- 5-6** Step R side, roll hips to left and touch L in place
- 7-8** Step L side, roll hips to right and touch R in place
- 9-16** Repeat steps 1-8

B (17-44) HEEL AND TOE TOUCHES, CROSS-BACK-SIDE, STOMPS

- 1-4** Touch R heel forward (2X), touch R toe back (2X)
- 5-8** Touch R side, flick R over L shin, touch R side, step R together
- 9-16** Repeat steps 1-8 leading with Left Foot
- 17-19** Cross R over, step L back, step R side
- 20-22** Stomp L, stomp R, turn 1/4 left and stomp L
- 23-25** Cross R over, step L back, step R side
- 26-28** Stomp L, stomp R, stomp L