

Composers: Dan & Doris Sobala, 7763 E. Joshua Tree Ln., Mesa, Az. 85208, Phone (602)986-7039, (4/15-10/1)1839 Nut Tree Dr. N.W., Salem, Or. 97304
Phone: (503)375-9718.

Record: Roper 145B "Manuela"

Footwork: Opposite, Woman's special instructions in parenthesis

Rhythm: EZ Level Waltz, Roundalab Phase II

Sequence: Intro-A-B-A-B-A(1-6)-Tag



Meas: INTRO

1-4 WAIT;; TWRL VINE 3; THRU TO BFLY;

1-4 bfly wall wait 2 meas;; sd lod L,xRib, sd L(W rf twrl R,L,R under ld hds); thru lod R,fc L,cl R bfly wall;

A

1-4 WZ AWY; W WRAP; FWD WZ; PU LOD;

1-2 bring jnd trailing hds thru horizontally while moving slightly awy from ptr fwd lod L,fwd R,cl L; fwd R,L,R(trailing hds jnd at W's waist W wraps lf L,R,L to sweetheart wrap pos both fcg lod);

3-4 fwd L,R,cl L; fwd R pu W,sml sd L,cl R fcg lod;

5-8 2 LF TRNS;; WZ BOX;;

5-6 fwd L,fwd R trng lf,cont trn cl L fcg drc; cont lf trn bk R, sml stp sd & bk L,cl R cp wall;

7-8 fwd L,sd R,cl L; bk R,sd L,cl R blndg bfly;

9-12 TWSTY BAL L & R;; TWST VINE 3; FWD TO BFLY;

9-10 sd L,xRib(W xLif),rec in pl L; sd R,xLib(W xRif),rec in pl R;

11-12 sd L,xRib(W xLif),sd L; fwd lod R,fwd & sd L to fc ptr & wall, cl R in bfly;

13-16 TWSTY BAL L & R;; TWSTY VINE 3; FWD TO SCAR;

13-16 repeat meas 9,10 & 11;;; fwd R,fwd L,cl R blendg to scar pos M fcg dw;

B

1-4 3 PROG TWINKLS;; TWINKL TO FC WALL;

1-4 fwd dw xLif(W xRib),sd & fwd R,cl L trng $\frac{1}{4}$ lf to bjo M fcg dc; fwd dc xRif(W xLib),sd & fwd L,cl R trng $\frac{1}{4}$ rf scar M fcg dw; repeat meas 1; fwd xRif(W xLib)begin rf trn,sd L,cl R endg cp wall;

5-8 DIP CTR; MANUV; 2 RF TRNS;;

5-6 dip bk coh on L,-,-; fwd R trng rf to fc rlod,sd L,cl R in cp;

7-8 bk L beg rf trn,sd R cont trn,cl L fcg dc; fwd R trng rf,sd L cont trn,cl R in cp fcg wall;

9-12 LF TRNG BOX;;;

9-12 fwd L trng $\frac{1}{4}$ lf,sd R,cl L; bk R trng $\frac{1}{4}$ lf,sd L,cl R; repeat meas 9&10;;

13-16 SOLO TRN 6;; CANTER TWICE;;

13-14 releasing hds solo trn fwd L lod trng $\frac{3}{8}$ lf(W rf),sd R,cl L; cont lf trn bk R,sd L,cl R blndg bfly wall;

15-16 sd L,draw R to L,cl R; repeat meas 15;

TAG CANTER; DIP & TWIST

in cp sd L,draw R to L,cl R; dip bk coh on L,twist hold & smile!

Manuela II

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Rhythm: EZ Level Waltz, Phase II

Sequence: Intro-A-B-A-B-A(1-6)-Tag



Meas:

INTRO

1-4 WAIT;; TWRL VINE 3; THRU TO BFLY;

1-4 bfly wall wait 2 meas;; sd lod L,xRib, sd L(W rf twrl R,L,R under ld hds); thru lod R,fc L,cl R bfly wall;

A

1-4 WZ AWY; W WRAP; FWD WZ; PU LOD;

1-2 bring jnd trailing hds thru horizontally while moving slightly away from ptr fwd lod L,fwd R,cl L; fwd R,L,R(trailing hds jnd at W's waist W wraps lf L,R,L to sweetheart wrap pos both fcg lod);

3-4 fwd L,R,cl L; fwd R pu W,sml sd L,cl R fcg lod;

5-8 2 LF TRNS;; WZ BOX;;

5-6 fwd L,fwd R trng lf,cont trn cl L fcg drc; cont lf trn bk R, sml stp sd & bk L,cl R cp wall;

7-8 fwd L,sd R,cl L; bk R,sd L,cl R blndg bfly;

9-12 TWSTY BAL L & R;; TWST VINE 3; FWD TO BFLY;

9-10 sd L,xRib(W xLif),rec in pl L; sd R,xLib(W xRif),rec in pl R;

11-12 sd L,xRib(W xLif),sd L; fwd lod R,fwd & sd L to fc ptr & wall, cl R in bfly;

13-16 TWSTY BAL L & R;; TWSTY VINE 3; FWD TO SCAR;

13-16 repeat meas 9,10 & 11;;; fwd R,fwd L,cl R blendg to scar pos M fcg dw;

B

1-4 3 PROG TWINKLS;;; TWINKL TO FC WALL;

1-4 fwd dw xLif(W xRib),sd & fwd R,cl L trng $\frac{1}{2}$ lf to bjo M fcg dc; fwd dc xRif(W xLib),sd & fwd L,cl R trng $\frac{1}{2}$ rf scar M fcg dw; repeat meas 1; fwd xRif(W xLib)begin rf trn,sd L,cl R endg cp wall;

5-8 DIP CTR; MANUV; 2 RF TRNS;;

5-6 dip bk coh on L,-,-; fwd R trng rf to fc rlod,sd L,cl R in cp;

7-8 bk L beg rf trn,sd R cont trn,cl L fcg dc; fwd R trng rf,sd L cont trn,cl R in cp fcg wall;

9-12 LF TRNG BOX;;;

9-12 fwd L trng $\frac{1}{2}$ lf,sd R,cl L; bk R trng $\frac{1}{2}$ lf,sd L,cl R; repeat meas 9&10;;

13-16 SOLO TRN 6;; CANTER TWICE;;

13-14 releasing hds solo trn fwd L lod trng $\frac{3}{8}$ lf(W rf),sd R,cl L; cont lf trn bk R,sd L,cl R blndg bfly wall;

15-16 sd L,draw R to L,cl R; repeat meas 15;

TAG

CANTER; DIP & TWIST

in cp sd L,draw R to L,cl R; dip bk coh on L,twist hold & smile!

