

# Mah Na Mah Na

**Count:** 36

**Wand:** 2

**Ebene:** Improver

**Choreograf/in:** Sonja Hemmes (USA) - November 2017

**Musik:** Mah Na Mah Na - Philharmonic Wind Orchestra, Marc Reift Orchestra & Marc Reift : (Album: Jerome Naulais Portrait, Vol. 3)



**Start after 32 second introduction**

## **LOCK STEP FORWARD RIGHT THEN LEFT WITH BRUSHES**

- 1-4 Step right forward, step left behind right, step right forward, brush left  
5-8 Step left forward, step right behind left, step left forward, brush right

## **ROCK FORWARD DIAGONALLY RIGHT THEN LEFT WITH HOLDS**

- 1-4 Rock right forward diagonally, step on left, step right next to left, hold  
5-8 Rock left forward diagonally, step on right, step left next to right, hold

## **STEP TOUCH, STEP TOUCH, STEP TAP, STEP TOUCH**

- 1-2 Step right to right side, touch left next to right  
3-4 Step left to left side, touch right next to left  
5-6 Step forward on right, tap left toe behind right  
7-8 Step left next to right, touch right next to left

## **ROCK BACK 1/2 TURN LEFT, HOLD, ROCK BACK, STEP, HOLD**

- 1-4 Rock back on right, turn ½ to the left on ball of left, step right, hold  
5-8 Rock back on left, step on right, step forward on left, hold

## **STEP RIGHT DIAGONALLY, DRAG LEFT NEXT TO RIGHT, TOUCH, STEP LEFT DIAGONALLY, DRAG RIGHT NEXT TO LEFT, TOUCH**

- 1-2 Step right diagonally forward, drag left next to right, touch  
3-4 Step left diagonally forward, drag right next to left, touch

### **\*\*2 RESTARTS:**

**\*3rd rotation, after 20 counts you will be facing the 12 o'clock wall, Restart**

**\*\*8th rotation, after 28 counts facing the 6 o'clock wall, step on left instead of hold, Restart**

**TAG:** End of 1st rotation facing the 6 o'clock wall, after 36 counts, sway, sway