

Ooh! Nananana

Count: 32

Wall: 4

Level: Improver

Choreographer: Ria Vos (NL) - October 2008

Music: Get Up! - Captain Jack : (Album: Greatest Hits)



Intro : 32 counts

Cross, step Back, & Cross, Side Step, Sailor ¼ Turn Left, Step Forward, ½ Turn Right

- 1-2 Cross R over L, Step L back
- &3 Step on ball of R next to L (slightly back) cross L over R
- 4 Step R to right side
- 5&6 Left sailor ¼ turn left
- 7-8 Step R forward, ½ turn right –step L back

Shuffle ½ Turn Right, Rock Fwd, Diagonal Steps Back With Touch, Rock Back

- 1&2 R shuffle ½ turn right
- *Option: count 7-8 first section and count 1&2 second section:**
- (7-8) walk forward R, L, (1&2) R shuffle forward**
- 3-4 Rock L forward, Recover on R
- &5 Step L back on left diagonal, touch R next to L
- &6 Step R back on right diagonal, touch L next to R
- 7-8 Back rock L, Recover on R

Rock Fwd, Triple ¾ Turn Left, Step Forward, ½ Turn Right, ¼ Turn Right, Hold &Clap x2

- 1-2 Rock fwd on L, recover on R
- 3&4 Triple ¾ turn left- stepping L, R, L
- 5-6 Step R forward, ½ turn right step L back
- 7&8 Turn ¼ right step R to R side, hold and clap twice

Hitch-Ball-Heel Grind, Behind-Side-Cross, Bump Left-Right-Left

- 1& Hitch L, step on ball of L next to R
 - 2-3 Heel grind R over L, step L to left side
 - 4&5 Cross R behind L, step L to left side, cross R over L
 - 6-7-8 Step L to left side with hip bump left, bump hip right, bump hip left
- (slightly bend your knees on the hip bumps)**