

# Ni Na La

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: Derrick Walker (USA) - February 2012

Music: Nil Na La - Solas



16 count intro.....Start on vocals

## **(RLR) TRIPLE FORWARD, (LRL) TRIPLE ¼ TURN LEFT, (RLR) ¼ TURN TRIPLE BACK, COASTER STEP**

- 1&2 Triple forward Right-Left-Right
- 3&4 Triple Left-Right-Left a ¼ turn Left (9:00)
- 5&6 ¼ turn Left, Triple back Right-Left-Right (6:00)
- 7&8 Step Left Foot back, Step Right Foot next to Left, Step Left Foot Forward

## **(RLR) TRIPLE FORWARD, (LRL) TRIPLE FORWARD, HEEL, & HEEL, & POINT, & POINT**

- 1&2 Triple forward Right-Left-Right
- 3&4 Triple forward Left-Right-Left
- 5& Right Heel Forward, Bring together
- 6& Left Heel Forward, Bring together
- 7&8 Point Right Toe to Right Side, Step Right next to Left, Point Left Toe to Left Side (weight on Right)

## **LEFT SAILOR, FULL PADDLE TURN (RLRL), WEAVE TO LEFT**

- 1&2 Cross Left behind Right Foot, Step Right Foot to Right Side, Step Left Foot to Left Side
- &3&4 Full Paddle turn Right (Right Step, Left Ball Step, Right Step, Left Step to side) (Weight on Left) (6:00)
- 5& Cross Right Foot behind Left Foot, Step Left Foot to Left Side
- 6& Cross Right Foot across Left Foot, Step Left Foot to Left Side
- 7& Cross Right Foot behind Left Foot, Step Left Foot to Left Side
- 8 Step Right Foot beside Left Foot

## **STEP, ½ TURN RIGHT, STEP ¼ TURN RIGHT, ROCKING CHAIR, SCUFF/HITCH STEP**

- 1-2 Step Left Foot Forward, Pivot ½ turn Right (12:00)
- 3-4 Step Left Foot Forward, Pivot ¼ turn Right (3:00)
- 5&6& Rock Left Foot Forward, Recover on Right Foot, Rock Left Foot Forward, Recover on Right Foot
- 7&8 Scuff Left Foot Forward, Hitch Left Knee, Step Left Foot next to Right Foot

**ENDING THE DANCE: You'll be facing 3:00, after the Heel & Heel (5&6) from 2nd 8 count, you will do a Left Sailor with a ¼ turn Left to face the front and END THE DANCE!**

**'Nil Na La' means 'Daybreak Has Not Yet To Come' in Irish Gaelic!!!!**

**Happy St. Patrick's Day 2012**

---