Ana Bansa Nafsy

Niveau: High Beginner

Chorégraphe: Herman Baso (INA) - October 2022 Musique: Ana Bansa Nafsy - Ramy Sabry

Note:

- 64 Counts intro

- 1 Restart on wall 6 after 32c

Compte: 64

S1# SIDE - CLOSE - SIDE - CLOSE TOUCH - SIDE TOUCH - CLOSE TOUCH - BIG SIDE STEP -CLOSE TOUCH

- 1, 2 step RF to side, close LF next to RF
- step RF to side, close touch LF next to RF 3, 4
- touch LF to side, close touch LF next to RF 5,6
- 7,8 big step LF to side, close touch RF next to LF

S2# CROSS – RECOVER – SIDE – CLOSE – ¼ TURN RIGHT STEP FWD – ¼ PIVOT TO RIGHT – CROSS SHUFFLE

- 1.2 cross RF over LF, recover on RF
- 3&4 step RF to side, close LF next to RF, 1/4 turn right step RF forward
- 5,6 step LF forward, 1/4 turn right weight on RF
- 7&8 cross LF over RF, step RF to side, cross LF over RF

S3# ROCKING CHAIR - ½ PADDLE TURN

- 1, 2 rock RF forward, recover on LF
- 3, 4 rock RF back, recover on LF
- 5,6 step RF forward, ¼ turn left weight on LF
- 7,8 step RF forward, ¼ turn left weight on LF

S4# WEAVE (R-L)

- 1, 2 cross RF over LF, step LF to side
- 3, 4 cross RF behind LF, touch LF to side
- 5, 6 cross LF over RF, step RF to side
- cross LF behind RF, touch RF to side 7.8

(Restart HERE on wall 6)

S5# ¼ JAZZ BOX TURN – V STEP

- 1, 2 cross RF over LF, ¼ turn right step LF back
- 3.4 step RF to side, cross LF over RF
- 5.6 step RF diagonally forward, step LF diagonally forward
- 7,8 step RF back to the center, close LF next to RF

S6# MODIFIED RUMBA BOX WITH LOCK SHUFFLE FORWARD

- 1.2 big step RF to side, close LF next to RF
- 3&4 step RF forward, lock LF behind RF, step RF forward
- 5, 6 big step LF to side, close RF next to LF
- 7&8 step LF forward, lock RF behind LF, step LF forward

S7# TOE TOUCH FWD WITH HIP BUMP (R - L) – WALK BACK (R - L - R - L)

- toe touch RF forward with hip bump, close RF next to LF 1, 2
- 3.4 toe touch LF forward with hip bump, close LF next to RF
- 5-8 walk back R, L, R, L





Mur: 4

S8# SIDE STEP AND SWAY THEN CLOSE TOUCH WITH HIP BUMP (R – L)

step RF to side followed by swaying to R, L, R, close touch LF next to RF with hip bump
step LF to side followed by swaying to L, R, L, close touch RF next to LF with hip bump

Optional: add 1/4 Jazz box turn to right and pose

HAPPY DANCING

I hope you enjoy the dance move And I look forward to see your demo version

Best Regards, Herman Baso Contact me by: Email: hermanbaso.official@gmail.com IG : @herman.baso FB: herman baso