

Celtic Na La

拍数: 32 墙数: 2 级数: High Newcomer
编舞者: Syndie BERGER (FR) - December 2014
音乐: Ni Na La - Órla Fallon



Intro : 24 counts

SECT-1: CROSS HEEL GRIND TWICE (or CROSS ROCK) – STEP ½ TURN – TRIPLE STEP FORWARD

1 – 2 Cross R heel over L foot – Step L to L side (R toe turning to the R)
& RF beside LF
3 – 4 Cross L heel over R foot – Step R to R side (L toe turning to the L)
& LF beside RF
5 – 6 RF forward – Pivot ½ turn L (face 6:00)
7 & 8 RF forward – LF behind RF (&) – RF forward (triple step)

**** Easy version : During counts 1-2 & 3-4, replace heel grind by cross rock.**

SECT-2: CROSS HEEL GRIND TWICE – STEP ½ TURN – TRIPLE STEP FORWARD

1 – 2 Cross L heel over R foot – Step R to R side (L toe turning to the L)
& LF beside RF
3 – 4 Cross R heel over L foot – Step L to L side (R toe turning to the R)
& RF beside LF
5 – 6 LF forward – Pivot ½ turn R (face 12:00)
7 & 8 LF forward – RF behind LF (&) – LF forward (triple step)

**** Easy version : During counts 1-2 & 3-4, replace heel grind by cross rock.**

**** TAG : Wall 2 (face 6:00) and wall 4 (face 12:00), add 8 counts and restart the dance from the top.**

**** FINAL : Wall 8 (face 6:00), replace counts 5-6-7-8 by final and finish to face front wall.**

SECT-3: SIDE ROCK – BEHIND-SIDE-CROSS – SIDE ROCK – BEHIND-SIDE-CROSS

1 – 2 RF to R side - Recover
3 & 4 Cross RF behind LF – LF to L side (&) - Cross RF over LF
5 – 6 LF to L side - Recover
7 & 8 Cross LF behind RF – RF to R side (&) - Cross LF over RF

SECT-4: JAZZ BOX WITH ½ TURN – HEEL SWITCH – BIG STEP FORWARD - TOGETHER

1 – 2 Cross RF over LF – Step back on LF with ¼ turn to the R (face 3:00)
3 – 4 RF forward with ¼ turn to the R (face 6:00) – LF beside RF
5 & 6 R heel forward – RF beside LF (&) - L heel forward
& 7-8 LF beside RF (&) - Big step forward on RF – LF beside RF (weight on LF)

RESTART THE DANCE FROM THE TOP AND KEEP SMILE !!!

**** TAG After 16 counts on wall 2 (face 6:00) and wall 4 (face 12:00), add 8 counts and Restart the dance from the top :**

SECT-1 HEEL SWITCH – CLAP TWICE – HEEL SWITCH – CLAP TWICE

1 & 2 R heel forward – RF beside LF (&) - L heel forward
& 3 LF beside RF (&) - R heel forward
& 4 Clap your hands twice
& RF beside LF (&)
5 & 6 L heel forward – LF beside RF (&) - R heel forward
& 7 RF beside LF (&) - L heel forward
& 8 Clap your hands twice
& LF beside RF (weight on L)

**** FINAL At wall 8 (face 6:00), replace section 2 by this final to finish face front :**

- 1 – 2 Cross L heel over R foot – Step R to R side (L toe turning to the L)
- & LF beside RF
- 3 – 4 Cross R heel over L foot – Step L to L side (R toe turning to the R)
- & RF beside LF
- 5 – 6 LF forward – Pivot ½ turn R (face 6:00)
- 7 – 8 LF forward – Pivot ½ turn R and put your arms up in « V ».

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