

# 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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