

Na Na Na

拍数: 64 墙数: 0 级数: Phrased Novice +
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音乐: Na Na Na - Pentatonix : (iTunes)



Sequence: AAB AAB AB FINISH TO THE FRONT
Dance starts after 8 counts (ON VOCALS)

PART A: 32 counts

A1: ROCK FORWARD & ROCK SIDE & COASTER STEP (2X)

1&2& RF rock forward, LF weight back on LF, RF rock side, LF weight back on LF
3&4 RF step back, LF close to RF, RF step forward
5&6& LF rock forward, RF weight back on RF, LF rock side, RF weight back on RF
7&8 LF step back, RF close to LF, LF step forward

A2: FULL TURN WALK AROUND ON R, L, R, L, STEP RIGHT, LEFT, SAILOR STEP, CLOSE

1,2 ¼ turn left & RF step forward, ¼ turn left & LF step forward
3,4 ¼ turn left & RF step forward, ¼ turn left & LF step forward
5 6 RF step to the Right side, LF step out to left side
7&8& RF step behind LF, LF step to the side, RF to the side, LF step next to RF

A3: STEP SIDE, SKATE, MAMBO STEP, TOUCH, STEP BACK, TOUCH, STEP, ¼ TURN COASTER STEP

1,2 RF step side right, LF skate forward to left diagonal.
3&4 RF rock forward on left diagonal, LF weight back on LF, RF step back on right diagonal.
&5&6 LF touch to RF, LF step diagonal back, RF touch to LF, RF step diagonal back
7&8 Step back on LF, RF close to LF, Turn ¼ left cross stepping LF over RF.

A4: & CROSS, SIDE, SAILOR ½ LEFT, STEP, STEP, HIP ROLL x 2

&1,2 RF step side right, LF cross over, RF step side right.
3&4 Cross step LF behind RF, Turn ½ left stepping RF in place, Cross step LF over RF.
5 6 RF step to the right side, LF to the left side.
7 8 Circle the hips anti- clockwise x 2

PART B: 32 counts

B1: STEP CLAP (2X), MAMBO STEP, TOUCH BACK, ¼ TURN LEFT, JUMP OUT OUT, JUMP BACK

1&2& RF step forward to right diagonal, Clap, LF step forward to left diagonal, Clap
3&4 RF rock forward, recover weight back on LF, RF step back
5,6 LF touch back, ¼ turn left (weight ends on LF)
&7 RF step out (diagonal forward), LF step out (diagonal forward),
&8 RF step back, LF step in back.

Hand movement for count &7&8: make a lasso movement with right hand over head

B2: STEP CLAP (2X), MAMBO STEP, TOUCH BACK, ¼ TURN LEFT, JUMP OUT OUT, JUMP BACK

1&2& RF step forward to right diagonal, Clap, LF step forward to left diagonal, Clap
3&4 RF rock forward, recover weight back on LF, RF step back
5,6 LF touch back, ¼ turn left (weight ends on LF)
&7 RF step out (diagonal forward), LF step out (diagonal forward),
&8 RF step back, LF step in back.

Hand movement for count &7&8: make a lasso movement with right hand over head

B3: STEP CLAP (2X), MAMBO STEP, TOUCH BACK, ¼ TURN LEFT, JUMP OUT OUT, JUMP BACK

1&2& RF step forward to right diagonal, Clap, LF step forward to left diagonal, Clap

3&4 RF rock forward, recover weight back on LF, RF step back
5,6 LF touch back, ¼ turn left (weight ends on LF)
&7 RF step out (diagonal forward), LF step out (diagonal forward),
&8 RF step back, LF step in back.

Hand movement for count &7&8: make a lasso movement with right hand over head

B4: STEP CLAP (2X), MAMBO STEP, TOUCH BACK, ¼ TURN LEFT, JUMP OUT OUT, JUMP BACK

1&2& RF step forward to right diagonal, Clap, LF step forward to left diagonal, Clap
3&4 RF rock forward, recover weight back on LF, RF step back
5,6 LF touch back, ¼ turn left (weight ends on LF)
&7 RF step out (diagonal forward), LF step out (diagonal forward),
&8 RF step back, LF step in back.

Hand movement for count &7&8: make a lasso movement with right hand over head□

FINISH TO THE FRONT: Change Count &8 with ¼ To The LEFT, POINT RIGHT FINGER FORWARD.
