

Move Na Na Na

COPPERKNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Lisa McCammon (USA) - May 2021
音乐: Move - KID SOMETHING



#32 count intro

Country option: The City Put The Country Back In Me by Neal McCoy (no tags or restarts)

Clockwise rotation; start weight on L

Note: This dance could be a floor split for Move by Rob Fowler.

Sequence: 32, 28, 32, 32, 28, 32, 32, 4, 32, 32

KICK-&-POINT, KICK-&-POINT; STEP, TURN, STEP, HOLD

1&2 Kick R forward, step R home, point L to side
3&4 Kick L forward, step L home, point R to side (easier option 1-4: step, point, step, point)
5-8 Step forward R, turn left $\frac{1}{2}$ [6] onto L, step forward R, HOLD

STEP, TURN RIGHT $\frac{1}{4}$, STEP, TURN RIGHT $\frac{1}{4}$, STEP, TURN RIGHT $\frac{1}{4}$, CROSS, KNEE POP (Optional styling: roll hips during $\frac{1}{4}$ turns)

1-4 Step forward L, turn right $\frac{1}{4}$ [9] onto R, step forward L, turn right $\frac{1}{4}$ [12] onto R
5-6-7 Step forward L, turn right $\frac{1}{4}$ [3] onto R, step L forward and slightly across L
&8 Pop both knees up-down, ending weight L (easier option 7-8: cross, HOLD)

PLACE R FORWARD, BOUNCE HEEL 2X, STEP R HOME; MIRROR

1 Place R forward to slight right diagonal (no weight)
2-3-4 Bounce R heel 2X, step R home
5 Place L forward to slight left diagonal (no weight)
6-7-8 Bounce L heel 2X, step L home

R WIZARD, STEP, TOUCH; FORWARD, TOUCH, BACK, TOUCH

1-2& Step R forward to right diagonal, lock L, step R forward to right diagonal
3-4 Step L forward to left diagonal, touch ***RESTART
5-6 Step R forward to slight right diagonal, touch L home
7-8 Step L back to slight left diagonal, touch R home

***RESTARTS (omit the last 4 counts of the dance)

During the 2nd repetition, you will start facing 3:00 and restart facing 6:00

During the 5th repetition, you will start facing 12:00 and restart facing 3:00

TAG after the 7th repetition (easy to hear—listen for whistling), you will be facing 3:00.

1-4 Small step forward R, bounce 3x whilst turning left $\frac{1}{4}$ [6], ending weight on L

VF1. All rights reserved, May 2021. This step sheet is not authorized for publication on Kickit. If you have a script of this dance with the Kickit logo it should be destroyed, because it has been posted without permission or proper credit, and may have been altered without my knowledge or consent. Contact Lisa at dancinsfun@gmail.com or visit www.peterlisamcc.com