

Na Na Na

拍数: 80 墙数: 1 级数: Phrased Improver
编舞者: Tya Paw (INA) - April 2022
音乐: Na Na Na - Via Vallen



Sequence: AA, BB, CC, DD, AA, BB, CC,A,BBB, DD
Start: 32 count

A: 32c

S1. SIDE, TOGETHER, SIDE, TOUCH (R, L)

1-4 Step R to side - Step L together - Step R to side - Touch L together
5-8 Step L to side - Step R together- Step L to side - Touch R together

S2. FORWARD, SIDE TOUCH, FORWARD, HIGH

1-4 Step R forward - Touch L to side - Step L forward - Hitch R
5-8 Step R forward - Touch L to side - Step L forward - Hitch R

S3. BACK SUFFLE (R - L) ROCK BACK, FORWARD - TOGETHER

1&2 Step R back - Step L together - Step R back
3&4 Step L back - Step R together - step L back
5-8 Step R back - Recover on L - step R forward - Step L together

S4 JAZZ BOX, TOE STRUT

1-4 Cross R over L - Step L back - Step R to side - Step L forward
5-8 Touch R toe forward - Dropped R heel - Touch L toe forward - Dropped L heel

B: 16c

S1. DIAGONAL FORWARD, LOCK, DIAGONAL LOCK SUFFLE (R, L)

1-2 Step R diagonal forward- Lock L behind R
3&4 Step R diagonal forward - Lock L behind R - Step R diagonal forward
5-6 Step L diagonal forward- Lock R behind L
7&8 Step L diagonal forward - Lock R behind L - Step L diagonal forward

S2. FISH TAIL

1-4 Step R diagonal back, Touch L together - Step L diagonal back - Touch R together
5-8 Step R diagonal back, Touch L together - Step L diagonal back - Touch R together

C: 16c

S1. WALK, PIVOT TURN 1/2 LEFT, WALK, PIVOT TURN 1/2 LEFT

1-4 Step R forward - Step L forward - Step R forward - Turn 1/2 left (06.00)
5-8 Step R forward - Step L forward - Step R forward - Turn 1/2 left (12.00)

S2. V STEP, SIDE, TOUCH, SIDE, TOUCH

1-4 Step R diagonal forward - Step L diagonal forward - Step R back to center - Step L together
5-8 Step R to side - Touch L together - Step L to side - Touch R together

D: 16c

S1. CROSS, HOLD, SIDE HOLD, CROSS, HOLD, SIDE TOUCH HOLD

S2.

1-8 Cross R over L - Hold - Step L to side - Hold - Cross R over L - Hold - Touch L to side - Hold
1-8 Cross L over R - Hold - Step R to side - Hold - Cross L over R - Hold - Touch R to side - Hold

Enjoy the dance

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