

Na Na Land of 1000 Dances

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Miske Findriani Paduli (INA) - July 2023
音乐: Land of 1000 dances (Workout Remix) - Wilson Pickett



Starts on lyrics

Section 1: R Lindy Step - Side, Touch (L/R)

1&2 Step R to side, step L together, step R to side
3-4 Rock L back, recover on R
5-6 Step L to side, touch R beside L
7-8 Step R to side, touch L beside R

Section 2: L Lindy Step - Side, Touch (R/L)

1&2 Step L to side, step R together, step L to side
3-4 Rock R back, recover on L
5-6 Step R to side, touch L beside R
7-8 Step L to side, touch R beside L

Section 3: Forward Lock Shuffle - Turn 1/4R Chassè - Turn 1/4R Back Lock Shuffle - Back Rock

1&2 Step R forward, lock L behind R step R forward
3&4 Turn 1/4R step L to side, close R together, step L to side

5&6 Turn 1/4R step R back, lock L over R, step R back
7-8 Step L back, recover on R (06:00)

Section 4: Forward Lock Shuffle - Turn 1/4L Chassè - Turn 1/4L Back Lock Shuffle - Back Rock

1&2 Step L forward, lock R behind L, step L forward
3&4 Turn 1/4L step R to side, close L together, step R to side
5&6 Turn 1/4L step L back, lock R over L, step L back
7-8 Step R back, recover on L (12:00)

(** Restart here on Wall 4, facing 06.00 **)

Section 5: Out, Hold (R/L) - Sway RLRL

1-2 Step R to R (put R hand on R hip), hold
3-4 Step L to L (put L hand on L hip), hold
5-8 Sway R-L-R-L (weight on L)

Section 6: Jazz Box - Turn 1/4 R Monterey

1-4 Cross R over L, step L back, step R to side, step L forward
5-6 Touch R to side, turn 1/4R close R together
7-8 Touch L to side, close L together (03:00)

Section 7: Jazz Box - Turn 1/4 R Monterey

1-4 Cross R over L, step L back, step R to side, step L forward
5-6 Touch R to side, turn 1/4R close R together
7-8 Touch L to side, close L together (06:00)

Section 8: Charleston Step (2x)

1-4 Step R forward, kick L forward, step R back, step L back, touch R back
5-8 Step R forward, kick L forward, step R back, step L back, touch R back

Happy Dancing & Thank You

