

# 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

