

Nah!

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Gaye Teather (UK)
音乐: Nah! - Shania Twain



Blue CD. 24 count intro

SIDE, TOGETHER, BACK, CLOSE, WEAVE LEFT, ¼ TURN

- 1-4 Step right foot to right side, close left beside right, step back on right, close left beside right (weight on left)
5-8 Cross step right over left, step left to left, cross right behind left, make ¼ turn left stepping forward on left, (9:00)

SIDE, TOGETHER, BACK, TOUCH ACROSS, FULL TURN LEFT

- 9-12 Step right foot to right side, close left beside right, step back on right, touch left toe across right foot
13-16 Make a full turn left stepping left, right, left, touch right beside left (9:00)

CURVING LOCK STEPS MAKING ¾ TURN RIGHT

- 17-20 Beginning to turn right, step right forward, lock left behind right, continuing on a right curve, step right forward, lock left behind right
21-24 Repeat steps 17-20 completing the ¾ turn right (6:00)

FORWARD & BACK ROCKS, STEP PIVOT ½ TURN LEFT, ROCK STEP

- 25-28 Rock forward on right, recover onto left, rock back on right, recover onto left
29-32 Step forward on right, pivot ½ turn left, rock forward on right, recover onto left (12:00)

WALK BACK X 3 WITH KNEE POPS, HOLD, ¼ TURN, BEHIND-SIDE-CROSS, HOLD

- 33-36 Walk back right, left, right (with knee pops for styling), hold
37-40 Making ¼ turn left step left behind right, step right to right side, cross step left over right, hold, (9:00)

SIDE ROCK, CROSS, HOLD, ½ TURN RIGHT, HOLD

- 41-44 Rock right to right side, recover onto left, cross step right over left, hold
45-48 Making ¼ turn right, step back on left, making ¼ turn right, step right to right side, step forward on left, hold, (3:00)

TURN, SIDE ROCKS, HITCH-TURN, SIDE ROCKS, HITCH-TURN

- 49-50 Making ¼ turn left, rock right foot to right side, rock weight back onto left,
51-52 Side rock onto right foot, on ball of right, pivot ½ turn right hitching left foot (6:00)
53-54 Rock side left, rock side right
55-56 Rock side left, on ball of left, make ¼ turn left, hitching right foot (3:00)

STEP PIVOT ½ TURN LEFT, ½ TURN LEFT, HOLD, BACK, ½ TURN RIGHT, STEP FORWARD, HOLD

- 57-60 Step forward on right, pivot ½ turn left, making ½ turn left, step back on right, hold
61-64 Step back on left, making ½ turn right; step forward on right, step forward on left, hold, (3:00)

REPEAT

TAG

Easy to spot - every time Shania says "Nah!"

- 1-4 Stomp right foot to right side, hold, turn head to left, hold
5-8 Bump hips right, left, right, left, (returning head to face forward)!!!

During wall 2 (9:00), dance up to step 32, dance the tag and then re-start the dance from the beginning
Also at the end of wall 4 - facing 3:00
Also at the end of wall 7 - facing 6:00
