

# Ooh! Nananana

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
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音乐: Get Up! - Captain Jack : (Album: Greatest Hits)



Intro : 32 counts

## Cross, step Back, & Cross, Side Step, Sailor ¼ Turn Left, Step Forward, ½ Turn Right

1-2      Cross R over L, Step L back  
&3      Step on ball of R next to L (slightly back) cross L over R  
4      Step R to right side  
5&6      Left sailor ¼ turn left  
7-8      Step R forward, ½ turn right –step L back

## Shuffle ½ Turn Right, Rock Fwd, Diagonal Steps Back With Touch, Rock Back

1&2      R shuffle ½ turn right  
**\*Option: count 7-8 first section and count 1&2 second section:**  
**(7-8) walk forward R, L, (1&2) R shuffle forward**  
3-4      Rock L forward, Recover on R  
&5      Step L back on left diagonal, touch R next to L  
&6      Step R back on right diagonal, touch L next to R  
7-8      Back rock L, Recover on R

## Rock Fwd, Triple ¾ Turn Left, Step Forward, ½ Turn Right, ¼ Turn Right, Hold &Clap x2

1-2      Rock fwd on L, recover on R  
3&4      Triple ¾ turn left- stepping L, R, L  
5-6      Step R forward, ½ turn right step L back  
7&8      Turn ¼ right step R to R side, hold and clap twice

## Hitch-Ball-Heel Grind, Behind-Side-Cross, Bump Left-Right-Left

1&      Hitch L, step on ball of L next to R  
2-3      Heel grind R over L, step L to left side  
4&5      Cross R behind L, step L to left side, cross R over L  
6-7-8      Step L to left side with hip bump left, bump hip right, bump hip left  
**(slightly bend your knees on the hip bumps)**