

Hey Nah Neh Nah

拍数: 64 墙数: 2 级数: Improver / Intermediate
编舞者: Pat Stott (UK) & Lizzie Stott (UK) - February 2011
音乐: Hey (Nah Neh Nah) (Tribute Version) - Milk & Sugar & Vaya Con Dios : (3:04)



Intro: 32 beats - 18 seconds.

Section 1: Walk, walk, Chasse to right, walk, walk, chasse to left

1 – 2 Walk forward – right, left
3&4 Step right to right, close left to right, step right to right (optional push hands to right side)
5 – 6 Walk forward – left, right
7&8 Step left to left, close right to left, step left to left (optional push hands to left to left side)

Section 2: Walks back, hip bumps to right, walk back, hip bumps to left

1- 2 Walk back – right, left
3&4 Touch Right back pushing hips to right, left, right (transferring weight to right)
5 – 6 Walk back – left, right
7&8 Touch Left back pushing hips to left, right, left (transferring weight to left)

Section 3: Heels switches, toe forward and swivel heel, heel switches, toe forward and swivel heel

1&2& Right heel forward, step on right slightly forward, left heel forward, step on left slightly forward
3&4 Right toe forward, swivel right heel to right then left (keep weight on left)
5&6& Right heel forward, step on right slightly forward, left heel forward, step on left slightly forward
7&8 Right toe forward, swivel right heel to right then left (keep weight on left)

Section 4: Rocking Chair, ½ pivot, ½ pivot

1 – 4 Rock forward on right, recover on left, rock back on right, recover forward on left
5 – 8 Step forward on right, ½ pivot left, step forward on right, ½ pivot left

(Option to pivots – dance another rocking chair)

Section 5: Touch turn 1/8th left, touch turn 1/8th left, coaster step, touch turn 1/8th right, touch turn 1/8th right coaster step

1&2& Turning to left (weight on left) -Touch right to right, 1/8th turn left , touch right to right, 1/8th turn left
3&4 Back on right, close left to right, forward on right
5&6& Turning to right (weight on right) – Touch left toe to left, 1/8th turn right, touch toe left to left, 1/8th turn right
7&8 Back on left, close right to left, forward on left

(On the turns push hands forward and back – beats 1& 2, 5 & 6)

Section 6: Jazz box, rolling vine, hold & clap clap

1-4 Cross right over left, back on left, right to right, cross left over right
5 – 7 Turn ¼ to right and step right forward, turn ½ right and step back on left, turn ¼ to right and step right to right
& 8 Hold and clap hands twice

Restart during Wall 3 – Replace rolling vine with ½ Monterey turn right to face 6 O'clock

Section 7: Step, hitch, back, side, cross, step hitch, coaster step

1 – 2 Towards right diagonal step left forward on left, hitch right knee
3&4 Step back on right (still facing right diagonal), left to left (squaring up to 12 O'clock), cross right over left
5 – 6 Towards left diagonal step forward on left, hitch right knee
7&8 Squaring up to 12 O'clock) step back on right, close left to right, step forward on right

Section 8: Rock forward, recover, 3 turning shuffles

1 – 2 Rock forward on left, recover onto right
3&4 Turning ½ left – shuffle stepping - left, right, left
5&6 Turning ½ left – shuffle stepping – right, left, right
7&8 Turning ½ left – shuffle stepping – left, right, left

Restart: During wall 3 - dance steps 1-4 (jazz box) in section 6, replace the rolling vine with ½ Monterey turn right,

Then restart from the beginning of the dance.

Tag – At the end of wall 4 hold for 8 beats whilst taking the arms up in front of you and round to finish with them down by your sides to complete a circle.

Optional arms for section 7 – on the hitches extend left arm forward with hand in a fist and right arm back as she sings “Superman in a silk sarong “ (just for fun)

Ending – Dance one Jazz Box in section 4, step forward on right, ½ pivot left transferring weight to left, step forward on right, step forward on left, right heel forward with arms folded in front of you at shoulder height.

Enjoy!

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