

Ni Na La

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Derrick Walker (USA) - February 2012
音乐: Nil Na La - Solas



16 count intro.....Start on vocals

(RLR) TRIPLE FORWARD, (LRL) TRIPLE ¼ TURN LEFT, (RLR) ¼ TURN TRIPLE BACK, COASTER STEP

1&2 Triple forward Right-Left-Right
3&4 Triple Left-Right-Left a ¼ turn Left (9:00)
5&6 ¼ turn Left, Triple back Right-Left-Right (6:00)
7&8 Step Left Foot back, Step Right Foot next to Left, Step Left Foot Forward

(RLR) TRIPLE FORWARD, (LRL) TRIPLE FORWARD, HEEL, & HEEL, & POINT, & POINT

1&2 Triple forward Right-Left-Right
3&4 Triple forward Left-Right-Left
5& Right Heel Forward, Bring together
6& Left Heel Forward, Bring together
7&8 Point Right Toe to Right Side, Step Right next to Left, Point Left Toe to Left Side (weight on Right)

LEFT SAILOR, FULL PADDLE TURN (RLRL), WEAVE TO LEFT

1&2 Cross Left behind Right Foot, Step Right Foot to Right Side, Step Left Foot to Left Side
&3&4 Full Paddle turn Right (Right Step, Left Ball Step, Right Step, Left Step to side) (Weight on Left) (6:00)
5& Cross Right Foot behind Left Foot, Step Left Foot to Left Side
6& Cross Right Foot across Left Foot, Step Left Foot to Left Side
7& Cross Right Foot behind Left Foot, Step Left Foot to Left Side
8 Step Right Foot beside Left Foot

STEP, ½ TURN RIGHT, STEP ¼ TURN RIGHT, ROCKING CHAIR, SCUFF/HITCH STEP

1-2 Step Left Foot Forward, Pivot ½ turn Right (12:00)
3-4 Step Left Foot Forward, Pivot ¼ turn Right (3:00)
5&6& Rock Left Foot Forward, Recover on Right Foot, Rock Left Foot Forward, Recover on Right Foot
7&8 Scuff Left Foot Forward, Hitch Left Knee, Step Left Foot next to Right Foot

ENDING THE DANCE: You'll be facing 3:00, after the Heel & Heel (5&6) from 2nd 8 count, you will do a Left Sailor with a ¼ turn Left to face the front and END THE DANCE!

'Nil Na La' means 'Daybreak Has Not Yet To Come' in Irish Gaelic!!!!

Happy St. Patrick's Day 2012
