

Say Na Say Na

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Penny Tan (MY) - June 2015
音樂: Say Na Say Na by Aneela Robert and Uhlmann, Arash (Movie: Bluffmaster)



Intro: Start on the word 'Say' (app.4 counts)

Sequence : A(40 counts) ,B, B, TAG1, A, B, B, TAG1, A, TAG2, A

Sequence A

SEC A1: Cross, Side, Cross, Touch, Cross, Side, Cross, Touch

1-2 Cross R over L, Step L to L side
3-4 Cross R over L, touch L to L side with hip bump
5-6 Cross L over R , step R to R side
7-8 Cross L over R, touch R to R side with hip bump

SEC A2: Step Hip Roll L to R , R to L, Side Hip Bumps R(x2)-L(x2)

1-2 Step R to R side with hip roll from L to R
3-4 Hip roll from L to R
5-6 Hip bumps to R(x2)
7-8 Hip bumps to L(x2)

SEC A3: Paddle, Full L Turn

1&2& Step R to R, 1/8 L Turn onto L , step R to R, 1/8 L Turn onto L
3&4& Step R to R, 1/8 L Turn onto L, step R to R, 1/8 L Turn onto L
5&6& Step R to R, 1/8 L Turn onto L, step R to R, 1/8 L Turn onto L
7&8 Step R to R, 1/8 L Turn onto L, Touch R beside L

SEC A4: Fwd Touch, Recover R-L-R-L

1-2 Touch R to R diagonal pushing hip fwd, close R next to L
3-4 Touch L to L diagonal pushing hip fwd ,close L next to R
5-6 Touch R to R diagonal pushing hip fwd, close R next to L
7-8 Touch L to L diagonal pushing hip fwd ,close L next to R

SEC A5: Bota Fogo Fwd R-L-R-L

1a2 Step R fwd, rock L to L side, recover on R
3a4 Step L fwd, rock R to R side, recover on L
5a6 Step R fwd, rock L to L side, recover on R
7a8 Step L fwd , rock R to R side, recover on L

*short in wall 1 here ,dance TAG1 , restart

SEC A6: 1/4 L Turn Fwd Shuffle R-L, 1/4 L Turn Fwd Shuffle R-L

1&2 1/4 L Turn, Step R fwd, step L beside R, step R fwd
3&4 Step L fwd, Step R beside L, step L fwd
5&6 1/4 L Turn, Step R fwd, step L beside R, step R fwd
7&8 Step L fwd, Step R beside L, step L fwd

*After Wall3 add TAG2

Sequence B

SEC B1: Mambo Fwd , Back ,Mambo R -L

1&2 Rock R fwd, recover on L, step R beside L
3&4 Rock L back, recover on R, step L beside R
5&6 Rock R to R side, recover on L, step R beside L
7&8 Rock L to L side, recover on R, step L beside R

SEC B2: Traveling Volta to L , 1/2 L Turn, Traveling Volta to R

- 1&2&3&4 Cross R over L, Step L to L side, Cross R over L, Step L to L side, Cross R over L, step L to L side, Cross R over L
- 5&6&7&8 1/2 L Turn, Cross L over R, Step R to R side, Cross L over R, Step R to R side, Cross L over R, Step R to R side, Cross L over R

SEC B3: Mambo Fwd, Back, Mambo R –L

- 1&2 Rock R fwd, recover on L, Step R beside L
- 3&4 Rock L back, recover on R, Step L beside R
- 5&6 Rock R to R side, recover on L, Step R beside L
- 7&8 Rock L to L side, recover on R, Step L beside R

SEC B4: Traveling Volta to L, 1/2 L Turn, Traveling Volta to R

- 1&2&3&4 Cross R over L, Step L to L side, Cross R over L, Step L to L side,
Cross R over L, Step L to L side, Cross R over L
- 5&6&7&8 1/2 L Turn, Cross L over R, Step R to R side, Cross L over R,
Step R to R side, Cross L over R, Step R to R side, Cross L over R

***After Wall 2 add TAG1**

TAG 1(16 counts)

SEC 1: Step With Shimming, Touch, Step With Shimming, Touch

- 1-2 Step R to R side with shimming, touch L beside R
- 3-4 Step L to L side with shimming, touch R beside L
- 5-6 Step R to R side with shimming, touch L beside R
- 7-8 Step L to L side with shimming, touch R beside L

SEC 2: REPEAT TAG 1 SEC 1

TAG 2: (16 counts)

SEC1: Hip Bumps R-L-R-L

- 1,2,3,4 Step R beside L, Hips Bumps R-L-R-L
- 5,6,7,8 Hip Bumps R-L-R-L

SEC 2: REPEAT TAG 2 SEC 1

Contact:pennytanml@hotmail.com

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