Mah Na Mah Na



編舞者: Sonja Hemmes (USA) - November 2017

音樂: Mah Na Mah Na - Philharmonic Wind Orchestra, Marc Reift Orchestra & Marc

Reift: (Album: Jerome Naulais Portrait, Vol. 3)



Start after 32 second introduction

LOCK STEP FORWARD RIGHT THEN LEFT WITH BRUSHES

Step right forward, step left behind right, step right forward, brush left
Step left forward, step right behind left, step left forward, brush right

ROCK FORWARD DIAGONALLY RIGHT THEN LEFT WITH HOLDS

1-4 Rock right forward diagonally, step on left, step right next to left, hold 5-8 Rock left forward diagonally, step on right, step left next to right, hold

STEP TOUCH, STEP TOUCH, STEP TAP, STEP TOUCH

1-2	Step right to right side, touch left next to right
3-4	Step left to left side, touch right next to left
5-6	Step forward on right, tap left toe behind right
7-8	Step left next to right, touch right next to left

ROCK BACK 1/2 TURN LEFT, HOLD, ROCK BACK, STEP, HOLD

1-4 Rock back on right, turn ½ to the left on ball of left, step right, hold

5-8 Rock back on left, step on right, step forward on left, hold

STEP RIGHT DIAGONALLY, DRAG LEFT NEXT TO RIGHT, TOUCH, STEP LEFT DIAGONALLY, DRAG RIGHT NEXT TO LEFT, TOUCH

1-2 Step right diagonally forward, drag left next to right, touch3-4 Step left diagonally forward, drag right next to left, touch

**2 RESTARTS:

TAG: End of 1st rotation facing the 6 o'clock wall, after 36 counts, sway, sway

^{*3}rd rotation, after 20 counts you will be facing the 12 o'clock wall, Restart

^{**8}th rotation, after 28 counts facing the 6 o'clock wall, step on left instead of hold, Restart