

Cheerio Na Na Na

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Yvonne Anderson (SCO) - January 2020
音樂: Cheerio (Tiroler are true) - DJ Ötzi : (iTunes, amazon)



One easy Tag and optional intro (see bottom of script for optional intro)

[1-8] WEAVE RIGHT, SIDE SHUFFLE, ROCK BACK, RECOVER

1-4 Step R to right, Step L behind right, Step R to right, Step L across right [12]
5&6 Step r to right, (&) step L beside right, Step R to right [12]
7-8 Rock L behind right, Recover weight on R [12]

(on the Cheerio chorus wave hands in the air)

[9-16] VINE LEFT 1/4 turn LEFT, SCUFF, 1/4 LEFT SIDE SHUFFLE, ROCK BACK, RECOVER

1-4 Step L to left, Step R behind left, 1/4 turn left stepping L forward, Brush R forward [3]
5&6 1/4 left stepping Right to side, (&) Step L beside right, Step R to side [6]
7-8 Rock L behind right, Recover weight on R [6]

[17-24] STEP, KICK, KICK, STEP, JAZZ BOX 1/4 LEFT, SCUFF

1-4 Step L to left, Kick Right across left x 2, Step R to right [6]
5-8 Step L across right, 1/4 turn left stepping R back, Step L to left, Scuff R forward [9]

[25-32] SHUFFLE FORWARD, WALK, WALK, STOMP HEEL-TOE TWIST, FLICK

1&2 Shuffle forward stepping R, L, R [9]
3-4 Walk forward L, Walk forward R [9]
5 Stomp L beside right [9]
6-8 With weight on both feet swivel toes to left, Swivel heels to left, Flick R behind left [9]

REPEAT

TAG – at the end of wall 4 facing 12.00 O'clock add the following

[1-8] SIDE ROCK, RECOVER, CROSS SHUFFLE X 2

1-2 Rock R to right, Recover weight on L [12]
3&4 Step R across left, (&) Step L to let, Step R across left [12]
5-6 Rock L to left, Recover weight on R [12]
7&8 Step L across right, (&) Step R to right, Step L across right [12]

Optional Intro (32 counts, danced on heavy beat before vocal)

[1-8] ROCK, RECOVER, SHUFFLE BACK, ROCK, RECOVER, SHUFFLE FORWARD

1-2 Rock R forward, Recover weight on L [12]
3&4 Step R back, (&) Step L beside right, Step R back [12]
5-6 Rock L back, Recover weight on right [12]
7&8 Step L forward, (&) Step R beside left, Step R forward [12]

[9-16] SIDE ROCK, RECOVER, CROSS SHUFFLE X 2

1-2 Rock R to right, Recover weight on L [12]
3&4 Step R across left, (&) Step L to let, Step R across left [12]
5-6 Rock L to left, Recover weight on R [12]
7&8 Step L across right, (&) Step R to right, Step L across right [12]

[17-24] FULL WALK AROUND TURN

1-8 Turning right walk R, L, R, Hold, L, R, L, Hold [12]

[25-32] ROCK FORWARD, RECOVER, BACK, HOLD, ROCK BACK, RECOVER, FORWARD, HOLD

1-4 Rock R forward, Recover weight on L, Step R back, Hold [12]

5-8 Rock L back, Recover weight on R, Step L forward, Hold [12]
