

Jolie Nana

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nathalie LATERRIERE (FR) - August 2020
音樂: Jolie nana - Aya Nakamura



Start : After 16 + 2 counts on the lyrics

S1 : DIAGONAL ROCK STEP R WITH BUMP FWD & BACK , SMALL TRIPLE R , DIAGONAL ROCK STEP L WITH BUMP FWD & BACK , SMALL TRIPLE L

- 1-2 Rock RF forward in the R diagonal bumping R hip Fwd, Recover on LF bumping R hip back (1:30)
3&4 Step RF slightly forward in the R diagonal, step LF next to RF, step RF slightly forward
5-6 Rock LF forward in the L diagonal bumping L hip Fwd, Recover on RF bumping L hip back (10:30)
7&8 Step LF slightly forward in the L diagonal, step RF next to LF, step LF slightly forward

S2 : OUT OUT FWD , IN BACK, ¼ T L , CROSS MAMBO R, CROSS MAMBO L

- 1-2 Step RF forward out to R side, step LF out to L side
3-4 Step RF back in the centre, turn ¼ T L stepping LF to L (9:00)
5&6 Step RF across LF, Recover on LF, step RF to R
7&8 Step LF across RF, Recover on RF, step LF to L

Style : Cross your hands down in front of your body on counts 5 and 7

S3 : 2 x STEP R, ¼ T L , ¼ T L PRESS R, ¼ T R , STOMP R, ¼ T R PRESS L , ¼ T L, STOMP L

- 1-2 Step RF forward, turn ¼ T L stepping LF to L (6:00)
3-4 Step RF forward, turn ¼ T L stepping LF to L (3:00)
5&6 Swivel ¼ T L and press R toe to R, Recover on LF turning ¼ T R, stomp RF to R
7&8 Swivel ¼ T L and press L toe to L, Recover on RF turning ¼ T L, stomp LF to L

Style : On the chorus, on counts 1 to 4 on walls 2,4 and 6, roll your R index next to your temple (on the words « bête, bête, bête » (« silly , silly, silly »))

S4 : TOE/HEEL IN SWIVELS, SIDE TOGETHER SIDE L, SIT & RECOVER L

- 1-2 Swivel R toe in, swivel R heel in
3-4 Swivel R toe in, swivel R heel in (End weight on RF)
5-6 Step LF to L, step RF next to LF
7-8& Step LF to L, bend both your legs as if you are sitting , your back slightly leaning back , recover up on LF

Style : On count 8, cross your arms in front of your chest

FINAL : On Wall 7 (starting facing 6 :00),

Dance to count 7 of section 2 and change the end of CROSS MAMBO L on counts «& 8 » (facing 3:00) by adding : ¼ T L

- 7&8 Step LF across RF , recover on RF turning ¼ T L , step LF forward and cross your arms in front of your chest , you'll end the dance facing the front wall .