

# Lana

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Antoinette Claassens (NL) - March 2021  
音樂: Lana (feat. Bandit) - The Professional DJ



**Intro: 32 counts, dance starts after singing on "O... b... Lana**

**Toe strut, step, pivot ½ turn R, toe strut, step, pivot ½ turn L**

1 - 2      RF step on toe fwd - put heel down  
3 - 4      LF step fwd - LF+RF turn ½ R  
5 - 6      LF step on toe fwd - put heel down  
7 - 8      RF step fwd - RF+LF turn ½ L

**Kick-ball-step, step, hold (R + L)**

1 & 2      RF kick fwd, RF step on ball, LF step fwd  
3 - 4      RF step fwd - Hold  
5 & 6      LF kick fwd, LF step on ball, RF step fwd  
7 - 8      LF step fwd - Hold

**Vine R, touch, vine L ¼ turn L, touch**

1 - 2      RF step R - LF cross behind  
3 - 4      RF step R - LF touch beside  
5 - 6      LF step L - RF cross behind  
7 - 8      LF step fwd ¼ L - RF touch beside

**Step fwd, touch, step back, touch, step back, touch, step fwd, touch**

1 - 2      RF step fwd - LF touch beside  
3 - 4      LF step back - RF touch beside  
5 - 6      RF step back - LF touch beside  
7 - 8      LF step fwd - RF touch beside

**Start over again !**

**Last Update - 26 March 2021**

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