

Move Na Na Na

COPPERKNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Improver
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音樂: Move - KID SOMETHING



#32 count intro

Country option: The City Put The Country Back In Me by Neal McCoy (no tags or restarts)

Clockwise rotation; start weight on L

Note: This dance could be a floor split for Move by Rob Fowler.

Sequence: 32, 28, 32, 32, 28, 32, 32, 4, 32, 32

KICK-&-POINT, KICK-&-POINT; STEP, TURN, STEP, HOLD

1&2 Kick R forward, step R home, point L to side
3&4 Kick L forward, step L home, point R to side (easier option 1-4: step, point, step, point)
5-8 Step forward R, turn left ½ [6] onto L, step forward R, HOLD

STEP, TURN RIGHT ¼, STEP, TURN RIGHT ¼, STEP, TURN RIGHT ¼, CROSS, KNEE POP (Optional styling: roll hips during ¼ turns)

1-4 Step forward L, turn right ¼ [9] onto R, step forward L, turn right ¼ [12] onto R
5-6-7 Step forward L, turn right ¼ [3] onto R, step L forward and slightly across L
&8 Pop both knees up-down, ending weight L (easier option 7-8: cross, HOLD)

PLACE R FORWARD, BOUNCE HEEL 2X, STEP R HOME; MIRROR

1 Place R forward to slight right diagonal (no weight)
2-3-4 Bounce R heel 2X, step R home
5 Place L forward to slight left diagonal (no weight)
6-7-8 Bounce L heel 2X, step L home

R WIZARD, STEP, TOUCH; FORWARD, TOUCH, BACK, TOUCH

1-2& Step R forward to right diagonal, lock L, step R forward to right diagonal
3-4 Step L forward to left diagonal, touch ***RESTART
5-6 Step R forward to slight right diagonal, touch L home
7-8 Step L back to slight left diagonal, touch R home

***RESTARTS (omit the last 4 counts of the dance)

During the 2nd repetition, you will start facing 3:00 and restart facing 6:00

During the 5th repetition, you will start facing 12:00 and restart facing 3:00

TAG after the 7th repetition (easy to hear—listen for whistling), you will be facing 3:00.

1-4 Small step forward R, bounce 3x whilst turning left ¼ [6], ending weight on L

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