

Na Na Na Na

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Lily Kho (INA) - July 2022
音樂: Nananana (You & Me) - Step by Step ID



Section 1. BOTAFOGO R/L, FORWARD MAMBO, STEP BACK 2x, 1/2 TURN L

1&2 Cross R over L, Step L to side, Step R to side
3&4 Cross L over R, Step R to side, Step L to side
5&6 Step Right forward, recover on L, Step R beside L
7&8 Step Left back, Step Right back, 1/2 turn L, Left forward

Section 2. FORWARD MAMBO, COASTERSTEP, 1/4 TURN R, FORWARD SHUFFLE, 1/2 TURN L, FORWARD SHUFFLE (STYLE WITH ROLLING HAND)

1&2 Step R forward, Recover on L, Step R beside L
3&4 Step L back, Step R beside L, Step L forward
(*** Restart here on Wall 7)
5&6 1/4 turn right, Step R forward, Step L beside R, Step R forward
7&8 1/2 turn left, Step L forward, Step R beside L, Step L forward

Section 3. SYNCOPATED SIDE TOUCH R/L, 1/4 TURN L, SIDE TOUCH R/L, RIGHT CHASSE

1&2& Step R to R side, Step L beside R, Step R to R side, Touch L beside R
3&4& Step L to L side, Step R beside L, Step L to L side, Touch R beside L
5&6& 1/4 turn L, Step R side, Touch L beside R, Step L to L side, Touch R beside L
7&8 Step R to R side, Step L beside R, Step R to R side

Section 4. FORWARD MAMBO L/R, COASTERSTEP, PIVOT 1/4 TURN L

1&2 Step L forward, Recover on R, Step L beside R
3&4 Step R forward, Recover on L, Step R beside L
5&6 Step L back, Step R together, Step L forward
7,8 Step R forward, 1/4 turn L (weight on L)

Happy Dancing

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