

Nona Nona

拍數: 64 牆數: 1 級數: Phrased Beginner
編舞者: Mayee Lee (MY) - March 2023
音樂: Nona Zaman Sekarang - The Shang Sisters (姊妹仨)



Intro: Start after 16 counts

Sequence of dance : Intro Dance - AB A16 Tag2 - Tag1x2 Tag3 B - AB A16 Tag2(16)

Intro Dance : Tag 1 as your Intro Dance

Part A (32 counts)

A1 : R Jazz Box, ¼ Turn R Vine Step To L With R Hook

1 – 4 Cross R over L(1), step L back(2), step R to R(3), step L forward(4)
5 – 8 1/8 turn R cross R over L(5)(1.30), 1/8 turn R step L to L(6)(3.00), step R back(7), hook
L(8)(3.00)

A2 : ½ Turn L Vine Steps, ¼ Turn R Cross R, L Back, R Back, Together

1 – 4 ¼ turn L step L forward(1)(12.00), ¼ turn L step R to R(2)(9.00), step L back(3), touch R to
R(4)
5 – 8 Cross R over L(5), ¼ turn R step L back(6)(12.00), step R back(7), step L beside R(8)(12.00)

A3 : Cross R, L Side, R Cross, Flick L, Cross L, R Side, L Cross, Flick R

1 – 4 Cross R over L(1), step L to L(2), cross R over L(3), flick L(4)
5 – 8 Cross L over R(5), step R to R(6), cross L over R(7), flick R(8)

A4 : R Cross Touch, Touch R, R Cross touch, Flick R, Unwind Full turn L

1 – 4 R cross touch over L(1), touch R to R(2), R cross touch over L(3), flick R(4)
5 – 8 Cross R over L(5), unwind full turn L(6-8)(weight on L)(12.00)

Part B (32 counts)

B1 : Weave To L, R Cross, Recover L, R Side, L Heel

1 – 4 Cross R over L(1), step L to L(2), step R back(3), step L to L(4)
5 – 8 Cross R over L(5), recover on L(6), step R to R(3), touch L heel to diagonal L(4)

B2 : Together, Spiral Full Turn L, Step On Spot LRLR

&1 – 4 Step L beside R(&), cross R over L(1), spiral full turn L & weight on R(2-4)
5 – 8 Step on spot LRLR(5-8)

B3 : Mirror Steps For B1

1 – 4 Cross L over R(1), step R to R(2), step L back(3), step R to R(4)
5 – 8 Cross L over R(5), recover on R(6), step L to L(7), touch R to diagonal R(4)

B4 : Mirror Steps for B2

&1 – 4 Step R beside L(&), cross L over R(1), spiral full turn R & weight on L(2-4)
5 – 8 Step on spot RLRL(5-8)

Tag 1 (16 counts)

Sec 1 : R Toe Strut, Cross L Toe Strut, R Side, Cross L, R Side, Hold

1 – 4 Touch R to R(1), step R down(2), cross touch L over R(2), step L down(4)
5 – 8 Step R to R(5), cross L over R(6), step R to R(7), hold(8)

Sec 2 : Mirror Steps for Sec 1 (Tag 1)

1 – 4 Touch L to L(1), step L down(2), cross touch R over L(3), step R down(4)
5 – 8 Step L to L(5), cross R over L(6), step L to L(7), cross R over L(8)

Tag 2 (Jazz Music) (24 counts)

Sec 1 : R Cross touch, Hold, Together, L Cross touch, Hold, Cross Toe Touches

1 2&3 4 Cross touch R over L(1), hold(2), step R beside L(&), cross touch L over R(3), hold(4)
&5&6&78 Step L beside R(&), cross touch R over L(5), step R beside L(&), cross touch L over R(6),
Step L beside R(&), cross touch R over L(7), hold(8)

Sec 2 : R Side, Touch L, L Side, Touch R, Jump to Diagonal R, Hold, Jump Back To Diagonal L, Hold

1 – 4 Step R to R(1), touch L beside R(2), step L to L(3), touch R beside L(4)
&56 &78 Slightly jump R to diagonal R(&), step L beside R(5), hold(6), slightly jump L back to diagonal
L(&), Step R beside L(7), hold(8)

Sec 3 : Repeat Section 2 (Tag 2)

Tag 3 (2 counts) : Sway R(1), recover on L(2)

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