

Najo Eh

拍數: 60 牆數: 3 級數: Phrased Intermediate
編舞者: Harry Schalk (AUT) - March 2023
音樂: Najo eh (feat. Paul Pizzera) - Folkshilfe



Start the Dance at „Hallo“

Dance A, B,C, A, A, B, C, A, A, B, A, A, B

PART A:

Sec.A1: R Side Rock, Behind, Side , Cross, ¼ L Rock Sep, Coaster Step

1 , 2 RF Step right, Weight back on LF
3 & 4 RF cross behind LF, LF Step left , RF cross over LF
5 , 6 LF Step ¼ Turn left, Weight back on RF
7 & 8 LF Step back, RF next to LF, LF Step fwd.

Sec.A2: Rock Step R, Shuffle back, Back Rock L, Chassee L

1 , 2 RF Step fwd, Weight back on LF
3 & 4 RF Step back , LF next to RF, RF Step back
5 , 6 LF Step back, Weight on RF
7 & 8 LF Step left, RF next LF, LF Step left

PART B

Sec.B1: Step R, Step L, Mambo R, Big Step back, Recover, Point L, Point R, Scuff

1 , 2 RF Step fwd., LF Step fwd.
3 , 4 RF Step fwd, RF next to LF
5 , 6 LF big Step back, RF next to LF
7& 8 & LF Toe touch back, LF next RF, RF Toe touch back, RF sweep fwd

Sec.B2: Step R, Behind, Chasse R, Heel 2x l, Chasse L

1 , 2 RF Step right , LF cross behind RF
3 & 4 RF STep right, LF next RF , RF Step right
5 , 6 LF Heel touch left, and again
7 & 8 LF Step left, RF next LF, LF Step left

Sec.B3. Step ¼ Turn l , Cross & Cross, Step, ¼ Turn r, Cross& Cross

1 , 2 RF Step fwd. , ¼ Turn left
3 & 4 RF cross over LF, LF lock behind RF , RF cross over LF
5 , 6 LF Step fwd., ¼ Turn right
7 & 8 LF cross over RF, RF lock behind LF, LF cross over RF

Sec.B4: Step r, Recover, Shuffle fwd, Step L, Recover Shuffle back

1 , 2 RF Step right , LF next RF
3 & 4 RF STep fwd., LF next RF, RF Step fwd.
5 , 6 LF Step left, RF next LF
7 & 8 LF Step back, RF next LF , LF Step back

PART C

Sec:C1. (12 counts) Mambo R Fwd, Mambo L back, ¼ Paddle Turn L 2x, Mambo R fwd, Mambo L back, ¼ Paddle Turn L 2 x

1 , 2 RF Step fwd, RF next to LF
3 , 4 LF Step back , LF next to RF
5 & 6 & RF touch fwd, RF lift and with ¼ Turn left, and once again

7 , 8 RF Step fwdr, RF next to LF
9 , 10 LF Step back, LF next to RF
11&12& RF touch fwd , RF lift and with $\frac{1}{4}$ Turn left, and once again

Dance Start again ..
