

Oh Na Na

拍數: 32 牆數: 4 級數: Improver
編舞者: Bambang Satiyawan (INA) - November 2024
音樂: Oh Na Na - Mohombi



No tag, 2 restarts

SECTION I. CROSS - SIDE - SAILOR STEP - CROSS - TURN ¼ LEFT AND BACK STEP - COASTER STEP

1 – 2 Cross RF over LF, Step LF to side
3 & 4 Cross RF behind LF, Step LF slightly to side, Step RF to side
5 – 6 Cross LF over RF, Turn ¼L Step RF back
7 & 8 Step LF back, Step RF together, Step LF forward

SECTION II. WALK (RF-LF) - FORWARD MAMBO - BACK WALK WITH HEEL GRIND - ANCHOR STEP

1 – 2 Step RF forward, Step LF forward
3 & 4 Step RF forward, Step LF in place, Step RF back
5 – 6 Step LF back with grind RF heel, Step RF back with grind LF heel
7 & 8 Rock LF behind RF, Recover on RF, Rock LF back

*Restart here on wall 2 & 5

SECTION III. CROSS - HOLD - SIDE - CROSS - TURN ¼ LEFT AND STEP FORWARD - PIVOT 1/4 LEFT - CROSS SHUFFLE

1 –2& Cross RF over LF, Hold, Step LF to side
3 – 4 Cross RF over LF, Turn ¼ left Step LF forward
5 – 6 Step RF forward, Turn ¼ left Step LF in place
7 & 8 Cross RF over LF, Step LF to side, Cross RF over LF

SECTION IV. SIDE ROCK RECOVER WITH HEEL GRIND - BEHIND - SIDE - CROSS - SWAY RIGHT LEFT - TOE STRUT

1 – 2 Rock LF to side, Recover on RF with grind LF heel
3 & 4 Step LF behind RF, Step RF to side, Cross LF over RF
5 – 6 Step RF to side by Swaying right, Sway left
7&–8& Touch RF toe, Step RF heel down, Touch LF toe, Step LF heel down

Enjoy the dance...

Contact person: bambang.1709@gmail.com