

Na Na Na

拍數: 80 牆數: 0
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音樂: Nanana - AGNEZ MO

級數: Phrased Intermediate



Intro: 8 counts

A (32 counts)

A1. ROCKING CHAIR, STEP TOUCH, BACK ROCK, ½ TURN L STEP BACK, ¼ TURN L STEP SIDE, KICK BALL TOUCH

1&2& Rock Rf forward, recover on Lf, rock Rf back, recover on Lf
3&4 Step Rf to R, touch Lf beside Rf, step Lf to L
5&6& Rock Rf back, recover on Lf, ½ turn L step Rf back, ¼ turn L step Lf to L
7&8 Kick Rf forward, step Rf beside Lf, touch Lf to L

A2. KICK BALL TOUCH, ANCHOR STEP, COASTER STEP, OUT-OUT, IN-IN.

1&2 Kick Lf forward, step Lf beside Rf, touch Rf to R
3&4 Rock Rf back hitch on Lf, step Lf in place, step Rf in place hitch on Lf
5&6& Step Lf back, close Rf next to Lf, step Lf forward, step R heel to R diagonal forward
7&8 Step L heel to L diagonal forward, step Rf back to center, step Lf beside Rf

A3. STEP TOUCH, CHASSE, TOUCH, STEP TOUCH, CHASSE (DIAGONAL)

1&2& Step Rf to R back, touch Lf beside Rf, step Lf to L back, touch Rf beside Lf
3&4& Step Rf to R back, close Lf next to Rf, step Rf to R back, touch Lf beside Rf
5&6& Step Lf to L back, touch Rf beside Lf, step Rf to R forward, touch Lf beside Rf
7&8 Step Lf to L forward, close Rf next to Lf, step Lf to L forward

A4. ¼ TURN L STEP BACK, ½ TURN L STEP FORWARD, KICK-HITCH-TOGETHER, SIDE ROCK, UNWIND ½ TURN L, PUSH SHOULDER TO R-L-CENTER

1,2 ¼ turn L step Rf back, ½ turn L step Lf forward
3&4 Kick Rf to R side, hitch on Rf, step Rf together
5&6& Rock Lf to L, recover on Rf, touch Lf behind Rf, turning body ½ to L
7&8 Push R shoulder to R, push L shoulder to L, bring the shoulders back to center

B (16 counts)

B1. TOUCH & PUSH KNEE OUT TWICE WITH SNAP TWICE, COASTER STEP

1&2 Touch Rf to R diagonal forward push R knee twice out to R while snap R fingers twice
3&4 Step Rf back, close Lf next to Rf, step Rf forward
5&6 Touch Lf to L diagonal forward push L knee twice out to L while snap L fingers twice
7&8 Step Lf back, close Rf next to Lf, step Lf forward

B2. STEP SIDE, ½ TURN R STEP SIDE, CHASSE, STEP SIDE, ½ TURN L STEP SIDE, CHASSE

1,2 Step Rf to R, ½ turn R step Lf to L
3&4 Step Rf to R, close Lf next to Rf, step Rf to R
5,6 Step Lf to L, ½ turn L step Rf to R
7&8 Step Lf to L, close Rf next to Lf, step Lf to L

C (32 counts)

C1. BIG STEP TO SIDE, BEHIND-SIDE-CROSS SHUFFLE, SCISSORS STEP, HINGE TURN ½ TO R

1,2& Big step Rf to R, cross Lf behind Rf, step Rf to R
3&4 Cross Lf over Rf, step Rf slightly to R, cross Lf over Rf
5&6 Step Rf to R, close Lf next to Rf, cross Rf over Lf
7&8 ¼ turn R step Lf back, ¼ turn R step Rf to R, cross Lf over Rf

CSection 2 repeats the movements of Section 1

C3. COASTER STEP, SHUFFLE FORWARD, CHASE TURN ½ TO L, ½ TURN R STEP BACK-TOGETHER

- 1&2 Step Rf back, close Lf next to Rf, step Rf forward
- 3&4 Step Lf forward, close Rf next to Lf, step Lf forward
- 5&6 Step Rf forward, ½ turn L weight on Lf, step Rf forward
- 7,8 ½ turn R step Lf back, close Rf next to Lf

CSection 4 do the same as Section 3 in the opposite direction

TAG (8 counts) WALK-WALK-SHUFFLE FULL TURN TO R

- 1,2 1 //8 turn R step Rf forward, 1/8 turn R step Lf forward
- 3&4 ¼ turn R shuffle forward on Rf-Lf-Rf
- 5,6 1/8 turn R step Lf forward, 1/8 turn R step Rf forward
- 7&8 ¼ turn R shuffle forward on Lf-Rf-Lf

SEQUENCES : A B B TAG A B B C B B B B

Have Fun....
