

The Nah Nah Dance

拍數: 64 牆數: 4 級數: Intermediate
編舞者: JesSammy
音樂: We're From Barcelona - I'm from Barcelona



ROCK & CROSS, ROCK & CROSS, CHASSE SAILOR ½

1&2 Rock out on right, recover weight back on to left cross right over left
3&4 Rock out on left, recover weight back on to right cross left over right
5&6 Step right to right side, close left next to right, step right to right side
7&8 Sweep left out and around turning ½ turn left, step right beside left

CHASSE, COASTER STEP, KICK, OUT, OUT, BEHIND, UNWIND A FULL TURN

1&2 Step right to right side, close left next to right, step right to right side
3&4 Step left back, close right next to left, step left forward
5&6 Kick right forward, step right back, step left back
7-8 Step right behind left, unwind a full turn, turning right

ROCK & WALK, WALK, LOCK STEP, MAMBO, HOLD

1&2 Rock left to left side, recover on right step left forward
3 Step right forward
4&5 Step left forward, close right behind left, step left forward
6&7 Rock forward on right, recover on left, touch left next to right
8 Hold for 1 beat

GRAPEVINE SCUFF, GRAPEVINE SCUFF

1-2 Step right to right side, step left behind right
3-4 Step right to right side, scuff left foot forward
5-6 Step left to left side, step right behind left
7-8 Step left to left side, scuff right foot forward

TAP, TAP, JUMP BACK CLAP, TAP, TAP, JUMP BACK CLAP

1-2 Tap right heel forward twice
&3-4 Jump back right foot left foot
5-6 Tap left heel forward twice
&7-8 Jump back left foot right foot

SHUFFLE, ½ TURN, ½ TURN, ROCK & SIDE, PADDLE, PADDLE

1&2 Step right forward, close left next to right, step right forward
3-4 Make a ½ turn stepping back on left, make another ½ turn stepping forward on right
5&6 Rock left over right, recover on right, step left to left side
7-8 (Weight on left foot) paddle your right foot 2 ¼ turns to the left

LUNGE, BEHIND, SIDE, CROSS, HEEL & TOE & TOE & SCUFF

1-2 Lunge on right foot, recover on left
3&4 Step right behind left, step left to left side, cross right over left
5&6 Making a half a turn, do a left heel, change weight a right toe
&7&8 Change weight, a left toe, change weight, a right scuff

HEEL GRIND, BEHIND, STEP, CROSS, WALK FULL TURN LEFT & TOUCH

1-2 Dig your right heel, turn a ¼ turn right, step left to left side
3&4 Step right behind left, step left to left side, cross right over left making another ¼ turn left

5-8

Turning left: walk making full circle stepping left, right, left, touch right next to left

REPEAT
