

# Nah!

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Jacquie Winchester (UK) & Stacey Davies (UK)  
音樂: Nah! - Shania Twain



## **BASIC RUMBA STEP, BASIC RUMBA STEP ¼ TURN**

- 1-4      Rock back on right foot, rock forward on left foot, step right foot to right, hold one count (sway hips from left to right over counts 3&4)  
5-8      Rock forward on left foot, rock back on right foot, turning ¼ left step forward on left foot, hold one count

## **STEP PIVOT ½, SIDE STEP, HOLD, BASIC RUMBA STEP**

- 9-12      Step forward on right foot, pivot ½ to left, step right foot to right, hold one count (sway hips from left to right over counts 11&12)  
13-16      Rock back on left foot, rock forward on right foot, step left on left foot, hold one count (sway hips from right to left over counts 15&16)

## **SWAYS, SIDE STEP, HOLD, ROCK BACK, STEP LOCK STEP**

- 17-20      Sway hips to right, sway hips to left, step right on right foot, hold one count (sway hips from left to right over counts 19&20)  
21-24      Rock back on left foot, step forward on right foot, step forward on left foot, lock right foot behind left

## **STEP, STEP LOCK STEP, MAMBO STEP FORWARD, HOLD**

- 25-28      Step forward on left foot, step forward on right foot, lock left foot behind right, step forward on right foot  
29-32      Rock forward on left foot, rock back on right foot, step back on left foot, hold one count

## **MAMBO STEP BACK, HOLD, STEP PIVOT ½, STEP LOCK**

- 33-36      Rock back on right foot, rock forward on left foot, step forward on right foot, hold one count  
37-40      Step forward on left foot, pivot ½ to right, step forward left foot, lock right foot behind left

## **STEP, STEP LOCK STEP, RUMBA BOX BACK, HOLD**

- 41-44      Step forward on left foot, step forward on right foot, lock left foot behind right, step forward on right foot  
45-48      Step left on left foot, step right foot beside left, step back on left foot, hold one count

## **RUMBA BOX FORWARD, HOLD, STEP PIVOT ½, SIDE STEP, HOLD**

- 49-52      Step right on right foot, step left foot beside right, step forward on right foot, hold one count  
53-56      Step forward on left foot, pivot ½ to right, step left on left foot, hold one count (sway hips from right to left over counts 55&56)

## **BASIC RUMBA STEP, SWAY, SIDE TOGETHER**

- 57-60      Rock back on right foot, rock forward on left foot, step right on right foot, hold one count (sway hips from left to right over counts 59&60)  
61-64      Step left on left foot, hold one count (sway hips from right to left over counts 61&62), step right on right foot step left foot beside right

## **REPEAT**

## **TAG**

Step right foot in place, step left foot in place, hold for two counts splaying hands out to side at hip level, roll hips in a circle over four counts ending with weight on left

When using 'Nah!', on wall 2 just dance counts 1-32 then do the tag. Restart from count 1 for wall 3. Also dance the tag after walls 4 and 7. At end of dance (after wall 9) do first 2 steps of tag

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