

Nanana

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Jon Levant (USA) & Gail Levant (USA)
音樂: Hey Nanana - DJ Bobo



Just keep dancing right on through the long pause about 2/3 through the music

SIDE LEFT, KICK, SAILOR TURN, SIDE LEFT, KICK, SAILOR TURN

- 1-2 Step left foot to left, kick right foot diagonally forward right (low kick)
3&4 Cross right foot behind left foot turning $\frac{1}{4}$ right and step left foot to left, right, step right foot to right
5-6 Step left foot to left, kick right foot diagonally forward right (low kick)
7&8 Cross right foot behind left foot turning $\frac{1}{4}$ right and step left foot to left, right, step right foot to right

SIDE, BEHIND AND CROSS SHUFFLE, SIDE, BEHIND AND HEEL-BALL-CROSS

- 9-10 Step left foot to left, cross right foot behind left foot
&11&12 Step left foot to left, cross right foot over left foot, step left foot to left, cross right foot over left foot
13-14 Step left foot to left, cross right foot behind left foot
&15&16 Step left foot to left, touch right heel diagonally forward right, step right foot next to left foot, cross left foot over right foot

SIDE, BEHIND AND CROSS SHUFFLE, SIDE, BEHIND AND CROSS, SIDE

- 17-18 Step right foot to right, cross left foot behind right foot
&19&20 Step right foot to right, cross left foot over right foot, step right foot to right, cross left foot over right foot
21-22 Step right foot to right, cross left foot behind right foot
&23-24 Step right foot to right, cross left foot over right foot, step right foot to right

SIDE, HOLD, AND SIDE, HOLD, CROSS ROCK, SHUFFLE $\frac{1}{2}$ RIGHT

- 25-26 Step left foot to left, hold
&27-28 Step right foot next to left foot, step left foot to left, hold
29-30 Cross rock right foot over left foot, recover on left foot
31&32 Shuffle $\frac{1}{2}$ turn right stepping right, left, right

CROSS ROCK, SHUFFLE LEFT, SYNCOPATED WEAVE LEFT, TURN $\frac{1}{4}$ LEFT

- 33-34 Cross rock left foot over right foot, recover on right foot
35&36 Shuffle to left stepping left, right, left
37&38 Cross right foot behind left foot, step left foot to left, cross right foot over left foot
&39-40 Step left foot to left, cross right foot behind left foot, step left foot $\frac{1}{4}$ turn left

ROCKING CHAIR, PIVOT TURN $\frac{1}{4}$ LEFT, CROSS SHUFFLE

- 41-42 Rock right foot forward, recover on left foot
43-44 Rock right foot back, recover on left foot
45-46 Step right foot forward, pivot turn $\frac{1}{4}$ left shifting weight to left foot
47&48 Cross right foot over left foot, step left foot to left, cross right foot over left foot

REPEAT