

Sha Na Na

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Mark Cosenza (USA) & Glen Pospieszny (USA)
音樂: Rock 'N' Roll Is Here to Stay - Sha Na Na



KICK FORWARD AND BACK, TOE HEEL STRUTS

- 1-4 Kick right forward, hitch, kick right back, hitch
- 5-6 Moving diagonal forward right, step right down doing a toe/heel strut (lean right shoulder towards right foot)
- 7-8 Moving diagonal forward left, step left down doing a toe/heel strut (lean left shoulder towards left foot)

SIDE ROCK, RECOVER, CROSS BEHIND & PIVOT, STEP FORWARD, TOE HEEL STRUTS

- 1-2 Rock side right, recover left
- 3-4 Cross right behind left and pivot $\frac{1}{4}$ right, step forward left
- 5-6 Moving diagonal forward right, step right down doing a toe/heel strut (lean right shoulder towards right foot)
- 7-8 Moving diagonal forward left, step left down doing a toe/heel strut (lean left shoulder towards left foot)

SHUFFLE DIAGONAL RIGHT, SHUFFLE DIAGONAL LEFT

- 1-4 Moving diagonal forward right, shuffle right, left, right, and hold for count 4
- 5-8 Moving diagonal forward left, shuffle left, right, left and hold for count 8

$\frac{1}{2}$ TURN JAZZ BOX, TOE HEEL STRUTS

- 1-2 Step right in front of left, step back on left and pivot $\frac{1}{2}$ turn right
- 3-4 Step down right, step forward left
- 5-6 Moving diagonal forward right, step right down doing a toe/heel strut (lean right shoulder towards right foot)
- 7-8 Moving diagonal forward left, step left down doing a toe/heel strut (lean left shoulder towards left foot)

(33-40) STEP FORWARD & HOLD, STEP FORWARD & HOLD, STEP FORWARD, FORWARD, FORWARD & STEP

- 1-2 Right ball/step diagonal right forward (bend both knees to side right, hips are right), hold
- 3-4 Left ball/step diagonal left forward (bend both knees to side left, hips are left), hold
- 5 Right ball/step diagonal right forward (bend both knees to side right, hips are right)
- 6 Left ball/step diagonal left forward (bend both knees to side left, hips are left)
- 7 Right ball/step diagonal right forward (bend both knees to side right, hips are right)
- 8 Step left next to right

Counts 1-7 are known as boogie walks. For an easier option, you can substitute crossover walks forward for counts 1, 3, 5, 6, 7 beginning with the right foot.

(41-48) BEND KNEES TO THE LEFT, BEND KNEES TO THE RIGHT, HOP FORWARD, CLAP, HOP BACK

- 1-2 With your feet slightly apart, bend both knees to the left, center knees
Optional: at the same time, slightly hop diagonal left and back
- 3-4 With your feet slightly apart, bend both knees to the right, center knees
Optional: at the same time, slightly hop diagonal right and back
- 5-6 Take a small hop forward with both feet, clap
- 7-8 Take a small hop backward with both feet

REPEAT

TAG

For the first two walls of the dance only, repeat the last sixteen counts

ENDING

On the last note of the song (which follows count 32) when they shout "rock", jump $\frac{1}{4}$ to the left back to the starting wall, slightly spread legs out with your knees slightly bent and put your hands in the air
