

# 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

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