

# Oh Na Na

拍數: 48                      牆數: 4                      級數: Improver  
編舞者: Jo Kinser (UK) & John Kinser (UK) - March 2012  
音樂: The Sound of Swing, Pt. 2 (Radio Edit) (feat. Aloe Blacc) - The Kenneth Bager Experience



Start the dance on the vocals (0:15).

## [1-8] Toe Strut Jazz Box, Step Lock Step, Mambo Step

1&2&                      Touch Rt over Lt, Drop Rt Heel down, Touch Lt back, Drop Lt Heel down  
3&4&                      Step Rt to Rt Side, Drop Rt Heel down, Touch Lt Fwd, Drop Lt Heel down  
5&6                      Step Rt Fwd, Lock Lt behind Rt, Step Rt Fwd  
7&8                      Rock Lt Fwd, Recover weight Rt, Step Lt back

## [9-16] Stomp - & Swivel, & Swivel, & Flick, & Swivel, & Hitch-Step, Mambo Back

1&2                      Stomp Rt Fwd (No weight), Swivel heels to Rt, Swivel to center  
&3                      Swivel heels to Rt, Swivel to center  
&4                      Flick Rt foot up and to the Rt side, Touch Rt slightly Fwd  
&5&6                      Swivel heels to Rt, Swivel to center, Hitch Rt knee up, Step Rt down  
7&8                      Rock Lt Fwd, Recover weight Rt, Step Lt back

If the Swivel section is too hard, then just do a single swivel with the Rt foot only.

## [17-24] And Heel & Step, Step Lock Step, Step 1/2 Turn Step, Heel Shuffle Step

&1&2                      Step Rt back, Touch Lt heel Fwd, Step Lt next to Rt, Step Rt Fwd  
3&4                      Step Lt Fwd, Lock Rt behind Lt, Step Lt Fwd  
5&6                      Step Rt Fwd, Make 1/2 turn Lt weight Lt, Step Rt Fwd  
7&8                      Step Lt Heel Fwd, Step Rt next to Lt, Step Lt Fwd (6:00)

On the heel shuffle fwd: take your hands up and push fwd to the Lt dia x3.

Sometimes in the music your hear him say clap your hands, so clap instead.

## [25-32] Charleston Step, Step 1/2 Turn, Cross - Unwind

&1&2                      Sweep Rt foot from back to front, Touch Rt toe Fwd, Sweep Rt foot from front to back, Step Rt back  
&3&4                      Sweep Lt foot from front to back, Touch Lt toe back, Sweep Lt foot from back to front, Step Lt Fwd  
5,6                      Step Rt fwd, Make 1/2 turn Lt stepping Lt fwd (12:00)  
7,8                      Cross Rt over Lt foot, Unwind 1/2 turn Lt weight centered (6:00) Make sure you do the cross unwind slow.

\*\*\*Restart here on wall 3 (12:00), and wall 5 (3:00).

## [33-40] Touch & Heel & Cross & Heel & Touch & Heel & Cross & Cross

1&2&                      Touch Lt toe next to Rt foot, Step Lt next to Rt, Touch Rt heel diagonal fwd Rt, Step Rt next to Lt  
3&4&                      Step Lt over Rt, Step Rt to Rt, Touch Lt heel diagonal fwd Lt, Step Lt next to Rt  
5&6&                      Touch Rt toe next to Lt, Step Rt Slightly back, Touch Lt heel diagonal fwd Lt, Step Lt next to Rt  
7&8                      Step Rt over Lt, Step Lt to Lt, Step Rt over Lt (6:00)

## [41-48] Side - Touch, 1 1/4 Turn Rt, Step Touch Back Kick, Coaster Step

1,2                      Step Lt to Lt, Touch Rt next to Lt  
3&4                      Make 1/4 turn Rt Stepping Rt Fwd, Make 1/2 turn Rt Stepping Lt back, Make 1/2 turn Rt Stepping Rt Fwd

Alternative: Make a 1/4 turn shuffle Rt instead of 1 1/4.

5&6& Step Lt Fwd, Touch Rt next to Lt, Step Rt Slightly back, Kick Lt foot Fwd  
7&8 Step Lt Back, Step Rt next to Lt, Step Lt Fwd (9:00)

**Ending: After count 30 facing (3:00)**

7&8 Make 1/4 turn Lt & Shuffle Side Rt (12:00)

&1 Step Lt next to Rt, Step Rt to Rt kicking Lt to Lt – with Jazz Hands

**HAVE FUN**

---