

Aw Naw

拍數: 48 牆數: 2 級數: Low Intermediate
編舞者: Sandy Goodman (USA) - May 2013
音樂: Aw Naw - Chris Young : (Single)



16 count after the heavy beat kicks in. (No Tags - No Restarts)

Walk, Walk, Out-Out, In-In, Hip Bumps Forward (R-L-R) (L-R-L)

1 - 2 Walk forward Right (1), Walk forward Left (2)
&3&4 Step Right out side right (&), Step Left out side left (3), Step Right In to center (&), Step Left together (4)
5 & 6 Step Right forward then bump hips - Right (5), Left (&), Right (6)
7 & 8 Step Left forward then bump hips - Left (7) Right (&), Left (8)

Rock Forward-Recover, Coaster Step, Step Forward, ½ Right-Hook Right, Shuffle Forward Right

1 - 2 Rock forward Right (1), Recover on Left (2)
3 & 4 Step Right back (3), Step Left beside right (&), Step Right forward (4)
5 - 6 Step Left forward (5), Pivot ½ right- hook Right over left (6)
7 & 8 Step Right forward (7), Step Left beside right (&), Step Right forward (8)

Walk, Walk, Out-Out, In-In, Hip Bumps Forward (L-R-L) (R-L-R)

1 - 2 Walk forward Left (1), Walk forward Right (2)
&3&4 Step Left out side left (&), Step Right out side right (3), Step Left In to center (&), Step Right together (4)
5 & 6 Step Left forward then bump hips - Left (5), Right (&), Left (6)
7 & 8 Step Right forward then bump hips - Right (7) Left (&), Right (8)

Rock Forward-Recover, Coaster Step, Step Forward, ½ Left-Hook Left, Shuffle Forward Left

1 - 2 Rock forward Left (1), Recover on Right (2)
3 & 4 Step Left back (3), Step Right beside left (&), Step Left forward (4)
5 - 6 Step Right forward (5), Pivot ½ left- hook Left over right (6)
7 & 8 Step Left forward (7), Step Right beside left (&), Step Left forward (8)

Cross Right Over Left, Point, Cross Left Over Right, Point, Jazz Box ¼ Right With Hitch

1 - 4 Cross Right over left (1), Point Left side left (2), Cross Left over right (3), Point Right side right (4)
5 - 8 Cross Right over left (5), Step Left back (6), Step Right ¼ turn right (7), Hitch Left (8)

Cross Left Over Right, Point Right Toe Side-Front-Side, Sailor ¼ Right, Shuffle Forward

1 - 4 Cross Left over right (1), Point Right toe side Right (2), In front of left (3), Point Right side right (4)
5 & 6 Step Right behind left (5), Turn ¼ right-Step Left side left (&), Step Right side right (6)
7 & 8 Step Left forward (7), Step Right beside left (&), Step Left forward (8)

Begin Again!!!!

Ending: On the 7th rotation, you will be starting the dance on the 12:00 wall. Do the first 8 counts twice - then pose.