

# 1000 Dances (Narr Narnar Na Harrr)



**Count:** 36      **Wall:** 2      **Level:** Ultra Beginner

**Choreographer:** Diana Bishop – Aug 2015

**Music:** Land Of A 1000 Dances by Jimmy Barnes



**Start On Word “Alright” - ‘No Tags No Restarts’**

## **CROSS TOEHEEL, BACK TOEHEEL, COASTER STEP**

1,2,3,4,5&6      R Toeheel Over L, L Toeheel Back Behind R, Step R Back, Bring L Next To Right,  
Step L Fwd,

## **CROSS TOEHEEL, BACK TOEHEEL, COASTER STEP**

1,2,3,4,5&6      L Toeheel Over R, R Toeheel Back Behind L, Step L Back, Bring R Next To Right,  
Step R Fwd,

## **V-STEP WITH HOLDS**

1,2,3,4      STEP R AT 45deg, HOLD, STEP L AT 45deg, HOLD,

## **ELVIS KNEES**

5,6,7,8      Push R Knee Into L Knee, Replace Weight On To R Foot, As You Push L Knee Into  
R Knee, Replace Weight Onto L Foot, As You Push R Knee To L Knee & Hold,

## **SAILOR STEP, ½ TURNING SAILOR STEP (behind turn side side)**

1&2,3&4      Step R Behind L, Step L To L Side, Step R To R Side, Step L Behind R, Turn ½ L,  
Step R To R Side, Step L To L Side

## **2 X SHUFFLES FWD**

5&6,7&8      Shuffle Fwd On R,L,R, Shuffle Fwd On L,R,L

## **STEP TAP TAP, STEP TAP TAP, (HIT FISTS MASHED POTATO, MASHED POTATO)**

1,2,3,4      Step R To R, Tap R Heel To Floor 2 Times, Clench Fists L To Bottom R On Top Hit  
Each Other 2 Times, Step L To L Hold, Tap L Heel To Floor 2 Times, Clench Fists R  
To Bottom L On Top Hit Each Other 2 Times

## **HIPS BUMPS, PLACE HANDS ON HIPS**

5,6,7,8      Hip Bumps R,L,R,L, Hands On Hips While Doing Bumps

**[36 BEATS] BEGIN AGAIN**