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| Nashi Love Song (納西情歌) (zh) |  |

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| **拍数:** | 128 | **墙数:** | 1 | **级数:** | Phrased Improver | . |
| **编舞者:** | Amy Yang (TW) - 2017年11月 | | | | |
| **音乐:** | Nashi Love Song (納西情歌) - Gong Yue (龔玥) | | | | |
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**Intro : 72 counts.**

**Sequence of dance : A A Tag 1 / B B C C Tag 2 / A Tag 1 / B B B B Tag 2 / A(32) A(32) A(8)**

**[PART A – 64 COUNTS.]**

**Sec. A1: SIDE, HOLD, CROSS, HOLD, BACK, SIDE, CROSS, HOLD**

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| --- | --- |
| 1 - 4 | Step RF to R, Hold, Cross LF over RF, Hold |

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| 5 - 8 | Step RF back, Step LF to L, Cross RF over LF, Hold |

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| --- | --- |
| 1 - 4 | 右足右踏,停拍,左足交叉右足前,停拍 |

|  |  |
| --- | --- |
| 5 - 8 | 右足後踏,左足左踏,右足交叉左足前,停拍 |

**Sec. A2: SIDE, HOLD, CROSS, HOLD, BACK, SIDE, CROSS, HOLD**

|  |  |
| --- | --- |
| 1 - 4 | Step LF to L, Hold, Cross RF over LF, Hold |

|  |  |
| --- | --- |
| 5 - 8 | Step LF back, Step RF to R, Cross LF over RF, Hold |

|  |  |
| --- | --- |
| 1 - 4 | 左足左踏,停拍,右足交叉左足前,停拍 |

|  |  |
| --- | --- |
| 5 - 8 | 左足後踏,右足右踏,左足交叉右足前,停拍 |

**Sec. A3: CHASSE 1/2 TURN R FLICK, CHASSE, FLICK**

|  |  |
| --- | --- |
| 1 - 4 | Step RF to R, Step LF beside RF, Step RF to R, Make 1/2 turn R flick on LF(06:00) |

|  |  |
| --- | --- |
| 5 - 8 | Step LF to L, Step RF beside LF, Step LF to L, Flick on RF |

|  |  |
| --- | --- |
| 1 - 4 | 右足右踏,左足併於右足旁,右足右踏,右轉1/2 左足後輕彈(06:00) |

|  |  |
| --- | --- |
| 5 - 8 | 左足左踏,右足併於左足旁,左足左踏,右足後輕彈 |

**Sec. A4: CHASSE 1/2 TURN R, FLICK, CHASSE, HOOK**

|  |  |
| --- | --- |
| 1 - 4 | Step RF to R, Step LF beside RF, Step RF to R, 1/2 turn R flick on LF(12:00) |

|  |  |
| --- | --- |
| 5 - 8 | Step LF to L, Step RF beside LF, Step LF to L, Flick on RF |

|  |  |
| --- | --- |
| 1 - 4 | 右足右踏,左足併於右足旁,右足右踏,右轉1/2 左足後輕彈(12:00) |

|  |  |
| --- | --- |
| 5 - 8 | 左足左踏,右足併於左足旁,左足左踏,右足後輕彈 |

**Sec. A5: SIDE, HOLD, CROSS, HOLD(x2)**

|  |  |
| --- | --- |
| 1 - 4 | Step RF to R, Hold, Cross LF over RF, Hold |

|  |  |
| --- | --- |
| 5 - 8 | Step RF to R, Hold, Cross LF over RF, Hold |

|  |  |
| --- | --- |
| 1 - 4 | 右足右踏,停拍,右足右踏,停拍 |

|  |  |
| --- | --- |
| 5 - 8 | 右足右踏,停拍,右足右踏,停拍 |

**Sec. A6: FULL TURN R, CROSS SHUFFLE, HOLD**

|  |  |
| --- | --- |
| 1 - 4 | Full turn R (weight remains on LF ) |

|  |  |
| --- | --- |
| 5 - 8 | Cross RF over LF, Step LF to L, Cross RF over LF, Hold |

|  |  |
| --- | --- |
| 1 - 4 | 右轉一圈 (重心保持在左足) |

|  |  |
| --- | --- |
| 5 - 8 | 右足交叉左足前,左足左踏,右足交叉左足前,停拍 |

**Sec. A7: STEP, HOLD, TOUCH, HOLD(L&R)**

|  |  |
| --- | --- |
| 1 - 4 | Step LF to L, Hold, Touch RF behind LF, Hold |

|  |  |
| --- | --- |
| 5 - 8 | Step RF to R, Hold, Touch LF behind RF, Hold |

|  |  |
| --- | --- |
| 1 - 4 | 左足左踏,停拍,右足交叉左足後點,停拍 |

|  |  |
| --- | --- |
| 5 - 8 | 右足右踏,停拍,左足交叉右足後點,停拍 |

**Sec. A8: FULL TURN L WALK FORWARD, HOLD( L, R, L, R)**

|  |  |
| --- | --- |
| 1 - 4 | 1/4 turn L walk forward L, Hold, 1/4 turn L walk forward R, Hold(06:00) |

|  |  |
| --- | --- |
| 5 - 8 | 1/4 turn L walk forward L, Hold, 1/4 turn L walk forward R, Hold(12:00) |

|  |  |
| --- | --- |
| 1 - 4 | 左轉 1/4 前進走步左足,停拍,左轉 1/4 前進走步右足,停拍(06:00) |

|  |  |
| --- | --- |
| 5 - 8 | 左轉 1/4 前進走步左足,停拍,左轉 1/4 前進走步右足,停拍(12:00) |

**[PART B – 32 COUNTS.]**

**Sec. B1: CROSS, RECOVER, SIDE, HOLD(R&L)**

|  |  |
| --- | --- |
| 1 - 4 | Cross RF over LF, Recover onto LF, Step RF to R, Hold |

|  |  |
| --- | --- |
| 5 - 8 | Cross LF over RF, Recover onto RF, Step LF to L, Hold |

|  |  |
| --- | --- |
| 1 - 4 | 右足交叉左足前,重心回左足,右足右踏,停拍 |

|  |  |
| --- | --- |
| 5 - 8 | 左足交叉右足前,重心回右足,左足左踏,停拍 |

**Sec. B2: CROSS, RECOVER, SIDE, HOLD(R&L)**

|  |  |
| --- | --- |
| 1 - 4 | Cross RF over LF, Recover onto LF, Step RF to R, Hold |

|  |  |
| --- | --- |
| 5 - 8 | Cross LF over RF, Recover onto RF, Step LF to L, Hold |

|  |  |
| --- | --- |
| 1 - 4 | 右足交叉左足前,重心回左足,右足右踏,停拍 |

|  |  |
| --- | --- |
| 5 - 8 | 左足交叉右足前,重心回右足,左足左踏,停拍 |

**Sec. B3: CROSS, SIDE, RECOVER, HOLD(R&L)**

|  |  |
| --- | --- |
| 1 - 4 | Cross RF over LF, Step LF to L, Recover onto RF, Hold |

|  |  |
| --- | --- |
| 5 - 8 | Cross LF over RF, Step RF to R, Recover onto LF, Hold |

|  |  |
| --- | --- |
| 1 - 4 | 右足交叉左足前,重心回左足,右足右踏,停拍 |

|  |  |
| --- | --- |
| 5 - 8 | 左足交叉右足前,重心回右足,左足左踏,停拍 |

**Sec. B4: FORWARD, RECOVER, SIDE, RECOVER, BEHIND, 1/4 TURN L, TOUCH, HOLD**

|  |  |
| --- | --- |
| 1 - 4 | Step RF forward, Recover onto LF, Step RF to R, Recover onto LF |

|  |  |
| --- | --- |
| 5 - 8 | Cross RF behind LF, 1/4 turn L step LF forward, Touch RF beside LF, Hold |

|  |  |
| --- | --- |
| 1 - 4 | 右足前踏,重心回左足,右足右踏,重心回左足 |

|  |  |
| --- | --- |
| 5 - 8 | 右足交叉左足後,左轉 1/4 左足前踏,右足收點於左足旁,停拍 |

**[PART C – 32 COUNTS.]**

**Sec. C1: SIDE, HOLD, TOGETHER, HOLD, SIDE, TOGETHER, SIDE, TOUCH**

|  |  |
| --- | --- |
| 1 - 4 | Step RF to R, Hold, Step LF together RF, Hold |

|  |  |
| --- | --- |
| 5 - 8 | Step RF to R, Step LF together RF, Step RF to R, Touch LF beside RF |

|  |  |
| --- | --- |
| 1 - 4 | 右足右踏,停拍,左足併於右足旁,停拍 |

|  |  |
| --- | --- |
| 5 - 8 | 右足右踏,左足併於右足旁,右足右踏,左足收點於右足旁 |

**Sec. C2: SIDE, HOLD, TOGETHER, HOLD, SIDE, TOGETHER, SIDE, TOUCH**

|  |  |
| --- | --- |
| 1 - 4 | Step LF to L, Hold, Step RF together LF, Hold |

|  |  |
| --- | --- |
| 5 - 8 | Step LF to L, Step RF together LF, Step LF to L, Touch RF beside LF |

|  |  |
| --- | --- |
| 1 - 4 | 左足左踏,停拍,右足併於左足旁,停拍 |

|  |  |
| --- | --- |
| 5 - 8 | 左足左踏,右足併於左足旁,左足左踏, 右足收點於左足旁 |

**Sec. C3: CHARLESTON, STEP**

|  |  |
| --- | --- |
| 1 - 4 | Touch RF forward, Hold, Step RF back, Hold |

|  |  |
| --- | --- |
| 5 - 8 | Touch LF back, Hold, Step LF forward, Hold |

|  |  |
| --- | --- |
| 1 - 4 | 右足前點,停拍,右足後踏,停拍 |

|  |  |
| --- | --- |
| 5 - 8 | 左足後踏, 停拍, 右足後點, 停拍 |

**Sec. C4: FORWARD SHUFFLE, FORWARD, PIVOT 1/2 TURN L**

|  |  |
| --- | --- |
| 1 - 4 | Step RF forward, Lock LF behind RF, Step RF forward, Hold |

|  |  |
| --- | --- |
| 5 - 8 | Step LF forward, Pivot 1/4 turn R step on RF, Step LF beside RF, Hold(09:00) |

|  |  |
| --- | --- |
| 1 - 4 | 右足前踏,左足鎖步於右足後,右足前踏,停拍 |

|  |  |
| --- | --- |
| 5 - 8 | 左足前踏,右轉 1/4右足踏,左足併於右足旁,停拍(09:00) |

**Start again**

**Tag 1 : (2 COUNTS)**

**SIDE, BESIDE**

|  |  |
| --- | --- |
| 1 - 2 | Step RF to R, Step LF beside RF |

|  |  |
| --- | --- |
| 1 - 2 | 右足右踏,左足併於右足旁 |

**Tag 2 : (4 COUNTS)**

**SIDE, TOUCH(R&L)**

|  |  |
| --- | --- |
| 1 - 4 | Step RF to R, Touch LF beside RF, Step LF to L, Touch RF beside LF |

|  |  |
| --- | --- |
| 1 - 4 | 右足右踏,左足收點於右足旁,左足左踏,右足收點於左足旁 |

**Have Fun & Happy Dancing!**

**Contact Amy Yang: yang43999@gmail.com**