

Na Mara

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maggie Gallagher (UK)
音乐: Na Mara - The Borderers



Begin after 64 count intro (42 seconds) with weight on left, right toe pointed to right side

CROSS & BEHIND, ¼, STEP, ½ PIVOT, RIGHT-LOCK-STEP, TRIPLE FULL TURN

- 1&2 Cross step right over left, step left to side, step right behind left
- &3-4 Step left to side with a quarter turn left, step forward on right, pivot half turn left
- 5&6 Step forward on right, lock-step left behind right, step forward on right
- 7&8 Traveling slightly forward: step left, right, left, to make a whole turn right

STEP, ¼-ROCK-CROSS, SIDE, HITCH-TURN, HITCH-TURN, LEFT SAILOR STEP

- 1 Step forward on right
- 2&3 Turn quarter right and rock left to side, recover weight onto right, cross step left over right
- 4 Step right to side
- &5 Hitch left knee and turn half left on ball of right foot, step left to side
- &6 Hitch right knee and turn half left on ball of left, step right to side
- 7&8 Step left behind right, step right to side, step left in place

STEP-SCUFF-HITCH-STEP, SCUFF-HITCH-STEP, ¼ STEP-SCUFF-HITCH-STEP, SCUFF-HITCH-STEP

- 1&2& Step forward on right, scuff left forward, hitch left, step forward on left
- 3&4 Scuff right forward, hitch right, step forward on right
- 5&6& Turn quarter left and step forward on left, scuff right, hitch right, step forward on right
- 7&8 Scuff left forward, hitch left, step forward on left **

For optional Irish styling, place hands on hips during the above section

CROSS-ROCK-¼, STEP-TURN-SIDE, HOOK-SIDE SHUFFLE, HOOK-SIDE SHUFFLE

- 1&2 Cross rock right over left, recover weight onto left, turn a quarter right stepping forward on right
- 3&4 Step forward on left, pivot ¾ turn right, step left to side (the last 4 counts make a whole turn)
- &5&6 Hook right foot across left shin, step right to side, step left together, step right to side
- &7&8 Hook left foot across right shin, step left to side, step right together, step left to side

REPEAT

RESTART

When you dance the fourth wall, you will only dance up until count 24. At this point you are facing the front wall and you re-start the dance from count one with the weave.

OPTIONAL ENDING

The dance ends with the music on count 16. If you want to finish facing the front, simply adjust the last sailor step to turn ¼ to face the front.