

# Na-Nana-Na

COPPER KNOB  
BY STEPHEN HETS

拍数: 32      墙数: 4      级数: Intermediate/Advanced  
编舞者: Alice Lim (SG)  
音乐: Na-NaN-Na - Nelly



## WALK WALK, HIP BUMPS, BODY ROLL WITH ¼ TURN

- 1-2      Turn ¼ right to walk forward on right, then left
- 3&4      ¼ turn left to bump hips right-left-right while snapping right fingers to right side 2 times
- 5-6      Bump hips left punching right fist diagonally down to left, bump hips right punching left fist diagonally down to right
- 7&8      Body roll ¼ turn left (9:00)

**Optional: use arm swings with body roll by first bringing both fists up to the left & above head level with left elbow straight & right elbow bent (7), then swing both arms to the back (&), continue swinging in to the left direction ending with both fists to the right above head level(8). Momentum of arm swing will turn body ¼ left**

## FUNKY HITCH WALK, JUMPS, RIGHT SWIVETS, TURN FLICK

- 1      Step right forward snapping right fingers to right side
- &2      Hitch left, step left in front of right snapping right fingers to right side
- &3      Hitch right, step right in front of left snapping right fingers to right side
- &4      Hitch left, step left together clapping hands
- &5      Jump up stretching right hand up as if trying to touch ceiling, land with feet apart & knees slightly bent (drop right arm)
- &6      Swivel ¼ turn right on right heel & left ball, return to center
- &7      Repeat above
- 8      Jump on left foot a small step forward making ¼ turn left while flicking right back (6:00)

## STEP, TURN, KNEE POPS, CROSS, STOMP, JUMP OPEN-CLOSE-BACK

- 1-2      Step right forward, pivot ½ turn left (12:00)
- &3&4      Touch right beside left, pop right knee in, pop out, kick right to side
- 5      Cross right over left & at same time cross both fists in front of chest (knuckles facing up)
- 6      Stomp left together & at same time flip over crossed fists to end with palms facing up
- 7&      Jump to open ls (drop arms), jump to close ls
- 8      Jump back a small step with ls together & at same time punch right fist to right side

## CROSS, UNWIND, LUNGE, TOUCH, KICK HITCH STEP, HIP BUMPS

- 1-2      Cross right over left, unwind ¾ turn left (3:00)
- 3      Lunge to right side swinging both arms to left side & palms facing down (left elbow is straight & right is bent)
- &4      Transfer body weight onto left leg, touch right foot beside left dropping arms
- 5&6      Kick right forward, hitch right, step back on right to sit
- 7&8      Bump left hip forward, bump right hip back, stand up transferring body weight onto left

**Optional: body wave up by pushing forward pelvis, then stomach, then chest**

**REPEAT**