

Na-Nana-Na

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4
编舞者: Alice Lim (SG)
音乐: Na-NaNa-Na - Nelly

级数: Intermediate/Advanced



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