

Nah!

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jacquie Winchester (UK) & Stacey Davies (UK)
音乐: Nah! - Shania Twain



BASIC RUMBA STEP, BASIC RUMBA STEP ¼ TURN

- 1-4 Rock back on right foot, rock forward on left foot, step right foot to right, hold one count (sway hips from left to right over counts 3&4)
5-8 Rock forward on left foot, rock back on right foot, turning ¼ left step forward on left foot, hold one count

STEP PIVOT ½, SIDE STEP, HOLD, BASIC RUMBA STEP

- 9-12 Step forward on right foot, pivot ½ to left, step right foot to right, hold one count (sway hips from left to right over counts 11&12)
13-16 Rock back on left foot, rock forward on right foot, step left on left foot, hold one count (sway hips from right to left over counts 15&16)

SWAYS, SIDE STEP, HOLD, ROCK BACK, STEP LOCK STEP

- 17-20 Sway hips to right, sway hips to left, step right on right foot, hold one count (sway hips from left to right over counts 19&20)
21-24 Rock back on left foot, step forward on right foot, step forward on left foot, lock right foot behind left

STEP, STEP LOCK STEP, MAMBO STEP FORWARD, HOLD

- 25-28 Step forward on left foot, step forward on right foot, lock left foot behind right, step forward on right foot
29-32 Rock forward on left foot, rock back on right foot, step back on left foot, hold one count

MAMBO STEP BACK, HOLD, STEP PIVOT ½, STEP LOCK

- 33-36 Rock back on right foot, rock forward on left foot, step forward on right foot, hold one count
37-40 Step forward on left foot, pivot ½ to right, step forward left foot, lock right foot behind left

STEP, STEP LOCK STEP, RUMBA BOX BACK, HOLD

- 41-44 Step forward on left foot, step forward on right foot, lock left foot behind right, step forward on right foot
45-48 Step left on left foot, step right foot beside left, step back on left foot, hold one count

RUMBA BOX FORWARD, HOLD, STEP PIVOT ½, SIDE STEP, HOLD

- 49-52 Step right on right foot, step left foot beside right, step forward on right foot, hold one count
53-56 Step forward on left foot, pivot ½ to right, step left on left foot, hold one count (sway hips from right to left over counts 55&56)

BASIC RUMBA STEP, SWAY, SIDE TOGETHER

- 57-60 Rock back on right foot, rock forward on left foot, step right on right foot, hold one count (sway hips from left to right over counts 59&60)
61-64 Step left on left foot, hold one count (sway hips from right to left over counts 61&62), step right on right foot step left foot beside right

REPEAT

TAG

Step right foot in place, step left foot in place, hold for two counts splaying hands out to side at hip level, roll hips in a circle over four counts ending with weight on left

When using 'Nah!', on wall 2 just dance counts 1-32 then do the tag. Restart from count 1 for wall 3. Also dance the tag after walls 4 and 7. At end of dance (after wall 9) do first 2 steps of tag
