

Oh Na Na

拍数: 48 墙数: 4 级数: Improver
编舞者: Jo Kinser (UK) & John Kinser (UK) - March 2012
音乐: The Sound of Swing, Pt. 2 (Radio Edit) (feat. Aloe Blacc) - The Kenneth Bager Experience



Start the dance on the vocals (0:15).

[1-8] Toe Strut Jazz Box, Step Lock Step, Mambo Step

1&2& Touch Rt over Lt, Drop Rt Heel down, Touch Lt back, Drop Lt Heel down
3&4& Step Rt to Rt Side, Drop Rt Heel down, Touch Lt Fwd, Drop Lt Heel down
5&6 Step Rt Fwd, Lock Lt behind Rt, Step Rt Fwd
7&8 Rock Lt Fwd, Recover weight Rt, Step Lt back

[9-16] Stomp - & Swivel, & Swivel, & Flick, & Swivel, & Hitch-Step, Mambo Back

1&2 Stomp Rt Fwd (No weight), Swivel heels to Rt, Swivel to center
&3 Swivel heels to Rt, Swivel to center
&4 Flick Rt foot up and to the Rt side, Touch Rt slightly Fwd
&5&6 Swivel heels to Rt, Swivel to center, Hitch Rt knee up, Step Rt down
7&8 Rock Lt Fwd, Recover weight Rt, Step Lt back

If the Swivel section is too hard, then just do a single swivel with the Rt foot only.

[17-24] And Heel & Step, Step Lock Step, Step 1/2 Turn Step, Heel Shuffle Step

&1&2 Step Rt back, Touch Lt heel Fwd, Step Lt next to Rt, Step Rt Fwd
3&4 Step Lt Fwd, Lock Rt behind Lt, Step Lt Fwd
5&6 Step Rt Fwd, Make 1/2 turn Lt weight Lt, Step Rt Fwd
7&8 Step Lt Heel Fwd, Step Rt next to Lt, Step Lt Fwd (6:00)

On the heel shuffle fwd: take your hands up and push fwd to the Lt dia x3.

Sometimes in the music your hear him say clap your hands, so clap instead.

[25-32] Charleston Step, Step 1/2 Turn, Cross - Unwind

&1&2 Sweep Rt foot from back to front, Touch Rt toe Fwd, Sweep Rt foot from front to back, Step Rt back
&3&4 Sweep Lt foot from front to back, Touch Lt toe back, Sweep Lt foot from back to front, Step Lt Fwd
5,6 Step Rt fwd, Make 1/2 turn Lt stepping Lt fwd (12:00)
7,8 Cross Rt over Lt foot, Unwind 1/2 turn Lt weight centered (6:00) Make sure you do the cross unwind slow.

***Restart here on wall 3 (12:00), and wall 5 (3:00).

[33-40] Touch & Heel & Cross & Heel & Touch & Heel & Cross & Cross

1&2& Touch Lt toe next to Rt foot, Step Lt next to Rt, Touch Rt heel diagonal fwd Rt, Step Rt next to Lt
3&4& Step Lt over Rt, Step Rt to Rt, Touch Lt heel diagonal fwd Lt, Step Lt next to Rt
5&6& Touch Rt toe next to Lt, Step Rt Slightly back, Touch Lt heel diagonal fwd Lt, Step Lt next to Rt
7&8 Step Rt over Lt, Step Lt to Lt, Step Rt over Lt (6:00)

[41-48] Side - Touch, 1 1/4 Turn Rt, Step Touch Back Kick, Coaster Step

1,2 Step Lt to Lt, Touch Rt next to Lt
3&4 Make 1/4 turn Rt Stepping Rt Fwd, Make 1/2 turn Rt Stepping Lt back, Make 1/2 turn Rt Stepping Rt Fwd

Alternative: Make a 1/4 turn shuffle Rt instead of 1 1/4.

5&6& Step Lt Fwd, Touch Rt next to Lt, Step Rt Slightly back, Kick Lt foot Fwd
7&8 Step Lt Back, Step Rt next to Lt, Step Lt Fwd (9:00)

Ending: After count 30 facing (3:00)

7&8 Make 1/4 turn Lt & Shuffle Side Rt (12:00)

&1 Step Lt next to Rt, Step Rt to Rt kicking Lt to Lt – with Jazz Hands

HAVE FUN
