

Na Na Na

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Candee Seger (USA) - January 2016
音樂: Na Na Na - Pentatonix : (Album: Pentatonix, Deluxe Version)



8 Count Intro (begin on vocals)

Rock, Recover Step, Point, ½ Turn, Rock, Recover, Step

1a2 Step R to R side, recover L, step R next to L
3a4 Step L to L side, recover R, step L next to R
5,6 Point R to R side, Turn ½ R, taking weight on R (6:00)
7&8 Rock L to L side, recover R, L next to R (6:00)

Syncopate Forward, back, forward 2x, left heel jack, recover, R heel jack, recover

&1 Small step R forward, step L together (small jump forward)
&2 Small step R back, step L together (small jump back)
&3 Small step R forward, step L together (small jump forward)
&4 Small step R forward, step L together (small jump forward)
&5&6 Step R slightly back R (&), tap L heel diagonally forward (5), Step L to center (&), Step R next to L (6)
&7&8 Step L slightly back L (&), tap R heel diagonally forward (7), Step R to center (&), Step L next to R (8) (6:00)
&7&8 Step left slightly back, touch right heel forward, step right together, step left in place

Walk clap 2x, walk clap, hitch 2x 1/4 L, walk clap 2x, walk clap hitch 2x 1/4 L

1&a2& Step R forward (1), clap (&), clap (a), step L forward (2), clap (&)
3,4 Turn 1/8 L, lifting R hip (3), Turn 1/8 L, lifting R hip (4) (3:00)
5-8 Repeat Steps 1-4 (12:00) (weight ends on L)

Option: With or without claps

Diamond step 1/4 R, funky heel step (R heel, L heel, both heels, toes up)

1a2 Cross R over L, Turn 1/8 R, stepping L back, step R next to L
3a4 Step L behind R turning 1/8 turn R, step R to R, step L next to R (3:00)
5& Turn R heel out to R, Return R heel to center
6& Turn L heel out to L, Return L heel to center L
7&8& Heel split out, in, leaning slightly back, raise toes, lower toes (3:00)

Entry 2016 www.ftwaynedanceforall.com Choreography

Contact: candeeseeger@comcast.net