

# Na Mara

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Maggie Gallagher (UK)  
音樂: Na Mara - The Borderers



Begin after 64 count intro (42 seconds) with weight on left, right toe pointed to right side

## CROSS & BEHIND, ¼, STEP, ½ PIVOT, RIGHT-LOCK-STEP, TRIPLE FULL TURN

- 1&2      Cross step right over left, step left to side, step right behind left
- &3-4      Step left to side with a quarter turn left, step forward on right, pivot half turn left
- 5&6      Step forward on right, lock-step left behind right, step forward on right
- 7&8      Traveling slightly forward: step left, right, left, to make a whole turn right

## STEP, ¼-ROCK-CROSS, SIDE, HITCH-TURN, HITCH-TURN, LEFT SAILOR STEP

- 1      Step forward on right
- 2&3      Turn quarter right and rock left to side, recover weight onto right, cross step left over right
- 4      Step right to side
- &5      Hitch left knee and turn half left on ball of right foot, step left to side
- &6      Hitch right knee and turn half left on ball of left, step right to side
- 7&8      Step left behind right, step right to side, step left in place

## STEP-SCUFF-HITCH-STEP, SCUFF-HITCH-STEP, ¼ STEP-SCUFF-HITCH-STEP, SCUFF-HITCH-STEP

- 1&2&      Step forward on right, scuff left forward, hitch left, step forward on left
- 3&4      Scuff right forward, hitch right, step forward on right
- 5&6&      Turn quarter left and step forward on left, scuff right, hitch right, step forward on right
- 7&8      Scuff left forward, hitch left, step forward on left \*\*

For optional Irish styling, place hands on hips during the above section

## CROSS-ROCK-¼, STEP-TURN-SIDE, HOOK-SIDE SHUFFLE, HOOK-SIDE SHUFFLE

- 1&2      Cross rock right over left, recover weight onto left, turn a quarter right stepping forward on right
- 3&4      Step forward on left, pivot ¾ turn right, step left to side (the last 4 counts make a whole turn)
- &5&6      Hook right foot across left shin, step right to side, step left together, step right to side
- &7&8      Hook left foot across right shin, step left to side, step right together, step left to side

## REPEAT

## RESTART

When you dance the fourth wall, you will only dance up until count 24. At this point you are facing the front wall and you re-start the dance from count one with the weave.

## OPTIONAL ENDING

The dance ends with the music on count 16. If you want to finish facing the front, simply adjust the last sailor step to turn ¼ to face the front.