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Na Na Na

(57 Votes)

Count: 64

Wall: Phrased

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Na Na Na by Pentatonix

Sequence: AAB AAB AB FINISH TO THE FRONT

Dance starts after 8 counts (ON VOCALS)

PART A: 32 counts

A1: ROCK FORWARD & ROCK SIDE & COASTER STEP (2X)

1&2&RF rock forward, LF weight back on LF, RF rock side, LF weight back on LF

3&4RF step back, LF close to RF, RF step forward

5&6&LF rock forward, RF weight back on RF, LF rock side, RF weight back on RF

7&8LF step back, RF close to LF, LF step forward

A2: FULL TURN WALK AROUND ON R, L, R, L, STEP RIGHT, LEFT, SAILOR STEP, CLOSE

1,2¼ turn left & RF step forward, ¼ turn left & LF step forward

3,4¼ turn left & RF step forward, ¼ turn left & LF step forward

5 6RF step to the Right side, LF step out to left side

7&8&RF step behind LF, LF step to the side, RF to the side, LF step next to RF

A3: STEP SIDE, SKATE, MAMBO STEP, TOUCH, STEP BACK, TOUCH, STEP, ¼ TURN COASTER STEP

1,2RF step side right, LF skate forward to left diagonal.

3&4RF rock forward on left diagonal, LF weight back on LF, RF step back on right diagonal.

&5&6LF touch to RF, LF step diagonal back, RF touch to LF, RF step diagonal back

7&8Step back on LF, RF close to LF, Turn ¼ left cross stepping LF over RF.

A4: & CROSS, SIDE, SAILOR ½ LEFT, STEP, STEP, HIP ROLL x 2

&1,2RF step side right, LF cross over, RF step side right.

3&4Cross step LF behind RF, Turn ½ left stepping RF in place, Cross step LF over RF.

5 6RF step to the right side, LF to the left side.

7 8Circle the hips anti- clockwise x 2

PART B: 32 counts

B1: STEP CLAP (2X), MAMBO STEP, TOUCH BACK, ¼ TURN LEFT, JUMP OUT OUT, JUMP BACK

1&2&RF step forward to right diagonal, Clap, LF step forward to left diagonal, Clap

3&4RF rock forward, recover weight back on LF, RF step back

5,6LF touch back, ¼ turn left (weight ends on LF)

&7RF step out (diagonal forward), LF step out (diagonal forward),

&8RF step back, LF step in back.

Hand movement for count &7&8: make a lasso movement with right hand over head

B2: STEP CLAP (2X), MAMBO STEP, TOUCH BACK, ¼ TURN LEFT, JUMP OUT OUT, JUMP BACK

1&2&RF step forward to right diagonal, Clap, LF step forward to left diagonal, Clap

3&4RF rock forward, recover weight back on LF, RF step back
5,6LF touch back, ¼ turn left (weight ends on LF)
&7RF step out (diagonal forward), LF step out (diagonal forward),
&8RF step back, LF step in back.

Hand movement for count &7&8: make a lasso movement with right hand over head

B3: STEP CLAP (2X), MAMBO STEP, TOUCH BACK, ¼ TURN LEFT, JUMP OUT OUT, JUMP BACK

1&2&RF step forward to right diagonal, Clap, LF step forward to left diagonal, Clap
3&4RF rock forward, recover weight back on LF, RF step back
5,6LF touch back, ¼ turn left (weight ends on LF)
&7RF step out (diagonal forward), LF step out (diagonal forward),
&8RF step back, LF step in back.

Hand movement for count &7&8: make a lasso movement with right hand over head

B4: STEP CLAP (2X), MAMBO STEP, TOUCH BACK, ¼ TURN LEFT, JUMP OUT OUT, JUMP BACK

1&2&RF step forward to right diagonal, Clap, LF step forward to left diagonal, Clap
3&4RF rock forward, recover weight back on LF, RF step back
5,6LF touch back, ¼ turn left (weight ends on LF)
&7RF step out (diagonal forward), LF step out (diagonal forward),
&8RF step back, LF step in back.

Hand movement for count &7&8: make a lasso movement with right hand over head

FINISH TO THE FRONT: Change Count &8 with ¼ To The LEFT, POINT RIGHT FINGER FORWARD.