

# Hey Nah Neh Nah

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**Count:** 64

**Wall:** 2

**Level:** Improver / Intermediate

**Choreographer:** Pat & Lizzie Stott (Feb 2011)

**Music:** Hey (Nah Neh Nah), Milk & Sugar Vs Vaya Con Dios Tribute Band - tribute version (3 mins 4 secs)

**Intro: 32 beats - 18 seconds.**

## **Section 1: Walk, walk, Chasse to right, walk, walk, chasse to left**

- 1 - 2 Walk forward - right, left
- 3&4 Step right to right, close left to right, step right to right (optional push hands to right side)
- 5 - 6 Walk forward - left, right
- 7&8 Step left to left, close right to left, step left to left (optional push hands to left to left side)

## **Section 2: Walks back, hip bumps to right, walk back, hip bumps to left**

- 1- 2 Walk back - right, left
- 3&4 Touch Right back pushing hips to right, left, right (transferring weight to right)
- 5 - 6 Walk back - left, right
- 7&8 Touch Left back pushing hips to left, right, left (transferring weight to left)

## **Section 3: Heels switches, toe forward and swivel heel, heel switches, toe forward and swivel heel**

- 1&2& Right heel forward, step on right slightly forward, left heel forward, step on left slightly forward
- 3&4 Right toe forward, swivel right heel to right then left (keep weight on left)
- 5&6& Right heel forward, step on right slightly forward, left heel forward, step on left slightly forward
- 7&8 Right toe forward, swivel right heel to right then left (keep weight on left)

## **Section 4: Rocking Chair, ½ pivot, ½ pivot**

- 1 - 4 Rock forward on right, recover on left, rock back on right, recover forward on left
- 5 - 8 Step forward on right, ½ pivot left, step forward on right, ½ pivot left

**(Option to pivots - dance another rocking chair)**

### **Section 5: Touch turn 1/8th left, touch turn 1/8th left, coaster step, touch turn 1/8th right, touch turn 1/8th right coaster step**

- 1&2&** Turning to left (weight on left) -Touch right to right, 1/8th turn left , touch right to right, 1/8th turn left
- 3&4** Back on right, close left to right, forward on right
- 5&6&** Turning to right (weight on right) – Touch left toe to left, 1/8th turn right, touch toe left to left, 1/8th turn right
- 7&8** Back on left, close right to left, forward on left

**(On the turns push hands forward and back - beats 1& 2, 5 & 6)**

### **Section 6: Jazz box, rolling vine, hold & clap clap**

- 1-4** Cross right over left, back on left, right to right, cross left over right
- 5 - 7** Turn  $\frac{1}{4}$  to right and step right forward, turn  $\frac{1}{2}$  right and step back on left, turn  $\frac{1}{4}$  to right and step right to right
- & 8** Hold and clap hands twice

**Restart during Wall 3 - Replace rolling vine with  $\frac{1}{2}$  Monterey turn right to face 6 O'clock**

### **Section 7: Step, hitch, back, side, cross, step hitch, coaster step**

- 1 - 2** Towards right diagonal step left forward on left, hitch right knee
- 3&4** Step back on right (still facing right diagonal), left to left (squaring up to 12 O'clock), cross right over left
- 5 - 6** Towards left diagonal step forward on left, hitch right knee
- 7&8** Squaring up to 12 O'clock) step back on right, close left to right, step forward on right

### **Section 8: Rock forward, recover, 3 turning shuffles**

- 1 - 2** Rock forward on left, recover onto right
- 3&4** Turning  $\frac{1}{2}$  left – shuffle stepping - left, right, left
- 5&6** Turning  $\frac{1}{2}$  left – shuffle stepping – right, left, right
- 7&8** Turning  $\frac{1}{2}$  left – shuffle stepping – left, right, left

**Restart: During wall 3 - dance steps 1-4 (jazz box) in section 6, replace the rolling vine with  $\frac{1}{2}$  Monterey turn right,**

**Then restart from the beginning of the dance.**

**Tag - At the end of wall 4 hold for 8 beats whilst taking the arms up in front of you and round to finish with them down by your sides to complete a circle.**

**Optional arms for section 7 - on the hitches extend left arm forward with hand in a fist and right arm back as she sings "Superman in a silk sarong " (just for fun)**

**Ending - Dance one Jazz Box in section 4, step forward on right, ½ pivot left transferring weight to left, step forward on right, step forward on left, right heel forward with arms folded in front of you at shoulder height.**

**Enjoy!**

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