

Ooh! Nananana

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Count: 32 **Wall:** 4 **Level:** Beginner / Intermediate

Choreographer: Ria Vos (Oktober '08)

Music: "Get Up" Captain Jack - Album: Greatest Hits

Intro : 32 counts

Cross, step Back, & Cross, Side Step, Sailor ¼ Turn Left, Step Forward, ½ Turn Right

- 1-2 Cross R over L, Step L back
- &3 Step on ball of R next to L (slightly back) cross L over R
- 4 Step R to right side
- 5&6 Left sailor ¼ turn left
- 7-8 Step R forward, ½ turn right -step L back

Shuffle ½ Turn Right, Rock Fwd, Diagonal Steps Back With Touch, Rock Back

1&2 R shuffle ½ turn right

***Option: count 7-8 first section and count 1&2 second section:**

(7-8) walk forward R, L, (1&2) R shuffle forward

- 3-4 Rock L forward, Recover on R
- &5 Step L back on left diagonal, touch R next to L
- &6 Step R back on right diagonal, touch L next to R
- 7-8 Back rock L, Recover on R

Rock Fwd, Triple ¾ Turn Left, Step Forward, ½ Turn Right, ¼ Turn Right, Hold &Clap x2

- 1-2 Rock fwd on L, recover on R
- 3&4 Triple ¾ turn left- stepping L, R, L
- 5-6 Step R forward, ½ turn right step L back
- 7&8 Turn ¼ right step R to R side, hold and clap twice

Hitch-Ball-Heel Grind, Behind-Side-Cross, Bump Left-Right-Left

- 1& Hitch L, step on ball of L next to R
- 2-3 Heel grind R over L, step L to left side

4&5 Cross R behind L, step L to left side, cross R over L

6-7-8 Step L to left side with hip bump left, bump hip right, bump hip left

(slightly bend your knees on the hip bumps)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=76613