



Approved by:

*Patricia E. Stott*

# Hey Nah Neh Nah

## 2 WALL – 64 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 – 2 3 & 4 5 – 6 7 & 8 <b>Option</b>	<b>Walk, Walk, Chasse Right, Walk, Walk, Chasse Left</b> Walk forward - right, left. Step right to right side. Close left beside right. Step right to side. Walk forward - left, right. Step left to left side. Close right beside left. Step left to left side. <b>Counts 3 &amp; 4</b> - push hands to right side; <b>7 &amp; 8</b> - push hands to left side.	Right Left Side Close Side Left Right Side Close Side	Forward Right Forward Left
<b>Section 2</b> 1 – 2 3 & 4 5 – 6 7 & 8	<b>Walk Back x 2, Hip Bumps Right, Walk Back x 2, Hip Bumps Left</b> Walk back - right, left. Touch right back, pushing hips to right, left, right (weight onto right). Walk back - left, right. Touch left back, pushing hips to left, right, left (weight onto left).	Back Back Hip Bumps Back Back Hip Bumps	Back On the spot Back On the spot
<b>Section 3</b> 1 & 2 & 3 & 4 5 & 6 & 7 & 8	<b>Heel Switches, Toe Forward &amp; Swivel Heel (x 2)</b> Touch right heel forward. Step onto right slightly forward. Touch left heel forward. Step onto left slightly forward. Touch right toe forward. Swivel right heel to right then to left (keep weight on left). Touch right heel forward. Step onto right slightly forward. Touch left heel forward. Step onto left slightly forward. Touch right toe forward. Swivel right heel to right then to left (keep weight on left).	Heel & Heel & Toe Heel Swivel Heel & Heel & Toe Heel Swivel	Forward On the spot Forward On the spot
<b>Section 4</b> 1 – 4 5 – 8 <b>Option</b>	<b>Rocking Chair, Step, Pivot 1/2, Step, Pivot 1/2</b> Rock right forward. Recover onto left. Rock right back. Recover onto left. Step right forward. Pivot 1/2 left. Step right forward. Pivot 1/2 left. <b>Counts 5 - 8:</b> Replace pivots with another rocking chair.	Rocking Chair Step Half Step Half	On the spot Turning left
<b>Section 5</b> 1 & 2 & 3 & 4 5 & 6 & 7 & 8	<b>Paddle 1/4 Left, Coaster Step, Paddle 1/4 Right, Coaster Step</b> Turning to left (weight on left), touch right toe to right side. Make 1/8 turn left. Touch right toe to right side. Make 1/8 turn left. Step right back. Step left beside right. Step right forward. Turning to right (weight on right), touch left toe to left side. Make 1/8 turn right. Touch left toe to left side. Make 1/8 turn right. Step left back. Step right beside left. Step left forward.	Touch Turn Touch Turn Coaster Step Touch Turn Touch Turn Coaster Step	Turning left On the spot Turning right On the spot
<b>Section 6</b> 1 – 4 <b>Restart</b> 5 – 6 7 & 8	<b>Jazz Box Cross, Rolling Vine, Hold With Claps</b> Cross right over left. Step left back. Step right to right side. Cross left over right. <b>Wall 3:</b> Dance counts 5 - 7 as 1/2 turn right Monterey, then Restart dance. Turn 1/4 right and step right forward. Turn 1/2 right and step left back. Turn 1/4 right and step right to right. Hold and clap hands twice.	Jazz Box Cross Quarter Half Quarter Clap Clap	On the spot Turning right
<b>Section 7</b> 1 – 2 3 & 4 5 – 6 7 & 8 <b>Option</b>	<b>Step, Hitch, Back &amp; Cross, Step, Hitch, Coaster Step</b> Step left forward to right diagonal. Hitch right knee. Step right back. Step left to left side (squaring to 12:00). Cross right over left. Step left forward to left diagonal. Hitch right knee. (Squaring to 12:00) Step right back. Step left beside right. Step right forward. On hitches extend left arm forward with hand in a fist, right arm back (on lyrics 'Superman in a silk sarong' - just for fun!)	Step Hitch Back & Cross Step Hitch Coaster Step	Forward Left Forward On the spot
<b>Section 8</b> 1 – 2 3 & 4 5 & 6 7 & 8	<b>Forward Rock, Shuffle 1/2 Turn x 3</b> Rock left forward. Recover onto right. Shuffle turn 1/2 turn left, stepping - left, right, left. Shuffle turn 1/2 turn left, stepping - right, left, right. Shuffle turn 1/2 turn left, stepping - left, right, left. (6:00)	Forward Rock Shuffle Half Shuffle Half Shuffle Half	On the spot Turning left
<b>Tag</b>	<b>End of Wall 4: Hold for 8 beats</b> Take arms up in front and round to finish down by sides to complete a circle.		
<b>Ending</b>	Dance one rocking chair (Section 4). Step right forward. Pivot 1/2 left. Walk forward right, left. Extend right heel forward, arms folded in front at shoulder height.		

Choreographed by: Pat & Lizzie Stott (UK) February 2011

Choreographed to: 'Hey (Nah Neh Nah)' by Milk & Sugar Vs Vaya Con Dios Tribute Band - Tribute Version from CD Single (3 mins 4 secs); also available as download from amazon.co.uk or iTunes (32 count intro - 18 secs)

Restart/Tag: One Restart during Wall 3, one easy Tag at the end of Wall 4



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)