

Ni Na La

32 Count, 4 Wall, Intermediate

Choreographer: Derrick Walker (USA) Feb 2012

Choreographed to: Nil Na La by Solas

Intro: 16 count. Start on vocals

(RLR) TRIPLE FORWARD, (LRL) TRIPLE ¼ TURN LEFT, (RLR) ¼ TURN TRIPLE BACK, COASTER STEP

- 1&2 Triple forward right-left-right
- 3&4 Triple left-right-left a ¼ turn left (9:00)
- 5&6 ¼ turn left, triple back right-left-right (6:00)
- 7&8 Step left foot back, step right foot next to left, step left foot forward

(RLR) TRIPLE FORWARD, (LRL) TRIPLE FORWARD, HEEL, & HEEL, & POINT, & POINT

- 1&2 Triple forward right-left-right
- 3&4 Triple forward left-right-left
- 5& Right heel forward, bring together
- 6& Left heel forward, bring together
- 7&8 Point right toe to right side, step right next to left, point left toe to left side (weight on right)

LEFT SAILOR, FULL PADDLE TURN (RLRL), WEAVE TO LEFT

- 1&2 Cross left behind right foot, step right foot to right side, step left foot to left side
- &3&4 Full paddle turn right (right step, left ball step, right step, left step to side (weight on left) (6:00)
- 5& Cross right foot behind left foot, step left foot to left side
- 6& Cross right foot across left foot, step left foot to left side
- 7& Cross right foot behind left foot, step left foot to left side
- 8 Step right foot beside left foot

STEP, ½ TURN RIGHT, STEP ¼ TURN RIGHT, ROCKING CHAIR, SCUFF/HITCH STEP

- 1-2 Step left foot forward, pivot ½ turn right (12:00)
- 3-4 Step left foot forward, pivot ¼ turn right (3:00)
- 5&6& Rock left foot forward, recover on right foot, rock left foot forward, recover on right foot
- 7&8 Scuff left foot forward, hitch left knee, step left foot next to right foot

ENDING THE DANCE

You'll be facing 3:00, after the heel & heel (5&6) from 2nd 8 count, you will do a left sailor with a ¼ turn left to face the front