

Hey Nah Neh Nah

Choreographed by Fiona Murray (IRL)

Description: 64 counts, 2 wall, 1 Tag, 1 Restart, Stage - Charleston/Quickstep

Level: Intermediate

Music : 'Hey Nah Neh Nah' - Milk & Sugar Vs Vaya Con Dios (119 BPM) - Non-Country

Official UCWDC competition dance description

Date of usage 1 August 2019 to August 2020

1-8 WALK 2X, CHASSE', WALK 2X CHASSE'

- 1-2 Step RF to R diagonal, Step LF to L diagonal (facing 12:00)
3&4 Step R into diagonal, close LF next to RF, Step RF to R diagonal
5-6 Step L into L diagonal, step R to R diagonal
7&8 Step LF to L diagonal, close RF to LF, step RF to R diagonal

Arms 1-8 - Push both arms up in R diagonal (1) Pull both arms in toward body (&), Push both arms up in L diagonal (2), Pull both arms in towards body (&) Push both arms up in R diagonal (3), Pull both arms in Repeat on L side.

9-16 CHARLESTON TOUCHES, ROTATING MASHED POTATO X2

- &1&2 Flick R heel to R side (&), touch RF forward (1), flick RF to R side (&), touch RF forward (2)
3-4 Step RF back, (3), ¼ turn L, step LF back (4) (facing 9:00)
&5&6 Flick R heel to R side (&), touch RF back (5), Flick R heel to R side (&), touch R toe back
7-8 Step RF forward (7), ¼ turn L, step LF forward (8) (facing 6:00)

17-24 ROCK, RONDE DE JAMBE A TERRE, SAILOR STEP HOP, ROCK HITCH, TOUCH

- 1-2 Rock RF forward, (1), Recover on L while Ronde de Jambe a Terre RF from front to back (2) (facing 6:00)
3&4& Cross RF behind LF (3), step LF to L (7), step RF to R (4), small hop RF to R (&)
5-6 Transfer weight to LF while hitching R knee (5) Step RF in place (6)
7 & 8 Touch L to side L (7) close LF next to RF (&) Touch R to R (8)

25-32 PIVOT TURN L, HITCH DRAG, WEAVE, OUT OUT

- 1-2 Step RF forward (1), turn ½ turn L, step LF forward (2) (facing 12:00)
& 3-4 Hitch R knee (&), step RF to R (3), drag LF to RF (4)
5&6 Cross LF behind RF (5), Step RF to R (&), Cross LF over RF (6)
7-8 Step RF to R (7), 1/8 turn L, step LF forward (8) (facing 10:30)

- 33-40 STEP CHASSE' X2, STEP LOCK**
 1-2& Step RF fwd (1), 1/8 turn L, step LF fwd (2), close RF to LF (&) (facing 12:00)
 3-4 Step side L with LF (3), 1/8 turn R, step RF back (4) (facing 1:30)
 5&6 1/8 turn L , step side LF (5), Close RF next to LF (&), step LF to L, 1/8 turn L (6) (facing 10:30)
 7-8& Step RF fwd (7), step LF forward (8), lock RF behind LF (&0)
- 41-48 STEP L, R, ROTATING HOP X2, SPIRAL TURN, PLATFORM TURN L**
 1-2 Step LF fwd, (1), Step RF forward (2) (facing 10:30)
 &3-4 Hop 2X o RF while making a 3/8 turn L (&3), step LF into L diagonal (4) (facing 6:00)
 5-6 Cross RF over LF (5), spiral turn L (6)
 7-8 Step LF into L diagonal (7), full L closing RF next to LF (8)
***Age option: Chasse': Step L into L diagonal (7) Close RF next to LF (8)**
- **Restart on wall 3 facing 6.00 after 48 counts**
- 49-56 CHUGS X4, PENDULUM POINTS X2, HITCH CROSS**
 1&2& Jump both feet in L diagonal (1), jump both feet back to centre (&), Jump both feet to R diagonal, (2), jump both feet back to center (&)(facing 6:00)
 3&4& Repeat
 5&6& Small hop to LF while swinging R leg to R side (5), small hop to RF while swinging L leg to L side (&), small hop on R while swinging L leg (6) small hop on RF (&)
 7&8 Small hop onto L while swinging R leg to R side (7), Hitch R (&), Cross RF over LF (8)
- 57-64 TWIST TURN L, DRAG, WEAVE, HITCH STEP HITCH, TOGETHER**
 1-2 Twist turn L (1-2)
 3-4 Step LF into L diagonal (3), Drag RF towards LF (4)
 5&6& Cross RF over LF (5), Step LF into diagonal L, (&) lock RF behind LF while hitching L knee(6), Step LF into L diagonal (&)
 7-8 Step RF fwd while hitching left knee (7) close LF next to RF (8)
- TAG AFTER WALL 4 FACING 12:00**
 1 Step RF to R (1)
 2-8 Starting at hip level slowly bring both arms up in a circle, when both arms get above head cross them over and bring them back down