

Celtic Na La

Choreographed by Syndie Berger

Description: 32 Counts, 2 Wall, High Newcomer

Music: Ni Na La by Orla Fallon



Intro: 24 Counts

SECT-1: CROSS HEEL GRIND TWICE (or CROSS ROCK) – STEP ½ TURN – TRIPLE STEP FORWARD

- 1 – 2 & Cross R heel over L foot – Step L to L side (R toe turning to the R), RF beside LF
- 3 – 4 & Cross L heel over R foot – Step R to R side (L toe turning to the L), LF beside RF
- 5 – 6 RF forward – Pivot ½ turn L (face 6:00)
- 7 & 8 RF forward – LF behind RF (&) – RF forward (triple step)

** Easy version: During counts 1-2 & 3-4, replace heel grind by cross rock.

SECT-2: CROSS HEEL GRIND TWICE – STEP ½ TURN – TRIPLE STEP FORWARD

- 1 – 2 & Cross L heel over R foot – Step R to R side (L toe turning to the L), LF beside RF
- 3 – 4 & Cross R heel over L foot – Step L to L side (R toe turning to the R), RF beside LF
- 5 – 6 LF forward – Pivot ½ turn R (face 12:00)
- 7 & 8 LF forward – RF behind LF (&) – LF forward (triple step)

** Easy version: During counts 1-2 & 3-4, replace heel grind by cross rock.

** TAG: Wall 2 (face 6:00) and wall 4 (face 12:00), add 8 counts and restart the dance from the top.

** FINAL: Wall 8 (face 6:00), replace counts 5-6-7-8 by final and finish to face front wall.

SECT-3: SIDE ROCK – BEHIND-SIDE-CROSS – SIDE ROCK – BEHIND-SIDE-CROSS

- 1 – 2 RF to R side - Recover
- 3 & 4 Cross RF behind LF – LF to L side (&) - Cross RF over LF
- 5 – 6 LF to L side - Recover
- 7 & 8 Cross LF behind RF – RF to R side (&) - Cross LF over RF

SECT-4: JAZZ BOX WITH ½ TURN – HEEL SWITCH – BIG STEP FORWARD - TOGETHER

- 1 – 2 Cross RF over LF – Step back on LF with ¼ turn to the R (face 3:00)
- 3 – 4 RF forward with ¼ turn to the R (face 6:00) – LF beside RF
- 5 & 6 R heel forward – RF beside LF (&) - L heel forward
- & 7-8 LF beside RF (&) - Big step forward on RF – LF beside RF (weight on LF)

RESTART THE DANCE FROM THE TOP AND KEEP SMILE !!!

** TAG After 16 counts on wall 2 (face 6:00) and wall 4 (face 12:00), add 8 counts and Restart the dance from the top:

SECT-1 HEEL SWITCH – CLAP TWICE – HEEL SWITCH – CLAP TWICE

- 1 & 2 R heel forward – RF beside LF (&) - L heel forward
- & 3 LF beside RF (&) - R heel forward
- & 4 Clap your hands twice
- & RF beside LF (&)
- 5 & 6 L heel forward – LF beside RF (&) - R heel forward
- & 7 RF beside LF (&) - L heel forward
- & 8 Clap your hands twice
- & LF beside RF (weight on L)

** FINAL At wall 8 (face 6:00), replace section 2 by this final to finish face front :

- 1 – 2 Cross L heel over R foot – Step R to R side (L toe turning to the L)
- & LF beside RF
- 3 – 4 Cross R heel over L foot – Step L to L side (R toe turning to the R)
- & RF beside LF
- 5 – 6 LF forward – Pivot ½ turn R (face 6:00)
- 7 – 8 LF forward – Pivot ½ turn R and put your arms up in « V ».