

# Ooh! Nananana

Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Ria Vos (NL) - October 2008

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)**