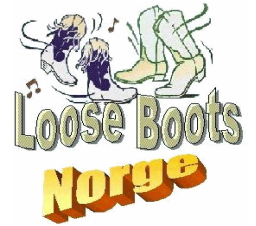


NA MARA (THE SEA)

32 COUNTS, 4 WALL LINE DANCE



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PREPARED BY: SADIAH HEGGERNES (Tlf. 33 05 87 94 Mob. 902 04 440)
LEVEL OF DIFFICULTY: INTERMEDIATE
CHOREOGRAPHER: MAGGIE GALLAGHER (UK) MARCH 2002.
CHOREOGRAPHED TO: "NA MARA (THE SEA)" (90 BPM) by The Borderers from Inspired CD.
(64 COUNT INTRO)

Section 1 Weave Left, 1/4 Turn Step, 1/2 Pivot Left, Right Lock, Full Triple Turn.
1 & Cross right over left. Step left to left side.
2 & Cross right behind left. Step left 1/4 turn to left.
3 - 4 Step forward on right. Pivot 1/2 turn left.
5 & 6 Step forward right. Lock left behind right. Step forward right.
7 & 8 Travelling slightly forward triple step full turn right, stepping - Left Right Left.

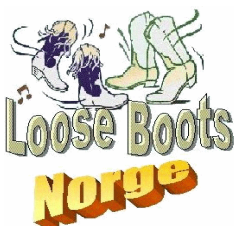
Section 2 Step, 1/4 Turn Rock, Cross Side, Hitch 1/2 Turn Left x 2, Sailor Step.
1 Step forward right.
2 & Make 1/4 turn right rocking left to left side. Recover on right.
3 - 4 Cross left over right. Step right to right side.
& 5 Hitch left knee making 1/2 turn left on right. Step left to left side.
& 6 Hitch right knee making 1/2 turn left on left. Step right to right side.
7 & 8 Cross left behind right. Step right to right side. Step left in place.

Section 3 Step Scuff Hitch Step Scuff Hitch Step, x 2 with 1/4 Turn Left.
1 & Step right forward. Scuff left forward.
2 & Hitch left knee. Step left forward.
3 & 4 Scuff right forward. Hitch right knee. Step right forward.
5 & Make 1/4 turn left stomping left forward. Scuff right forward.
6 & Hitch right knee. Step right forward.
7 & 8 Scuff left forward. Hitch left knee. Step left forward.
Note: During the 4th wall only, restart from beginning after step 8 of this section.

Section 4 Cross Rock 1/4 Turn, Step 3/4 Pivot, Side, Hook Chasse Right & Left .
1 & 2 Cross rock right forward over left. Rock back onto left. Step right 1/4 turn right.
3 & 4 Step forward left. Pivot 3/4 turn right. Step left to left side.
& Hook right foot across left shin.
5 & 6 Step right to right side. Close left beside right. Step right to right side.
& Hook left foot across right shin.
7 & 8 Step left to left side. Close right beside left. Step left to left side.

CHOREOGRAPHERS NOTE: During wall 4 only dance to the end of section 3 then restart dance from beginning.

**Ending: The dance finishes with the music at count 16.
If you want to end facing front simply add a 1/4 turn to the sailor step.**



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