



Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

1000 Dances Narr Narnar Na Harr

36 Count, 2 Wall, Improver

Choreographer: Diana Bishop (Aus) Aug 2015

Choreographed to: Land Of A 1000 Dances by Jimmy Barnes

START ON WORD "ALRIGHT"

CROSS TOE HEEL, BACK TOE HEEL, COASTER STEP

1-4 R TOE HEEL OVER L, L TOE HEEL BACK BEHIND R,
5&6 STEP R BACK, BRING L NEXT TO RIGHT, STEP L FWD,

CROSS TOE HEEL, BACK TOE HEEL, COASTER STEP

1-4 L TOE HEEL OVER R, R TOE HEEL BACK BEHIND L,
5&6 STEP L BACK, BRING R NEXT TO RIGHT, STEP R FWD,

V-STEP WITH HOLDS, ELVIS KNEES

1-4 STEP R AT 45deg, HOLD, STEP L AT 45deg, HOLD
5-8 PUSH R KNEE INTO L KNEE, REPLACE WEIGHT ON TO R FOOT, AS YOU PUSH L KNEE INTO R KNEE, REPLACE WEIGHT ONTO L FOOT, AS YOU PUSH R KNEE TO L KNEE & HOLD.

SAILOR STEP, ½ TURNING SAILOR STEP (behind turn side side), 2 X SHUFFLES FWD

1&2 STEP R BEHIND L, STEP L TO L SIDE, STEP R TO R SIDE
3&4 STEP L BEHIND R, TURN ½ L, STEP R TO R SIDE, STEP L TO L SIDE
5&6 SHUFFLE FWD ON R,L,R
7&8 SHUFFLE FWD ON L,R,L

**STEP TAP TAP, STEP TAP TAP, (HIT FISTS MASHED POTATO, MASHED POTATO),
HIPS BUMP, PLACE HANDS ON HIPS**

1-2 STEP R TO R, TAP R HEEL TO FLOOR 2 TIMES,
CLENCH FISTS L TO BOTTOM R ON TOP HIT EACH OTHER 2 TIMES
3-4 STEP L TO L HOLD, TAP L HEEL TO FLOOR 2 TIMES,
CLENCH FISTS R TO BOTTOM L ON TOP HIT EACH OTHER 2 TIMES
5-8 HIP BUMPS R,L,R,L, HANDS ON HIPS WHILE DOING BUMPS
