

Pina Colada Boy

Count: 40

Wand: 4

Ebene: Improver

Choreograf/in: Nathan Gardiner (SCO) - October 2015

Musik: Pina Colada Boy by Baby Alice and Hanna Adolfsson and Jimmy Thornfeldt and Martin Hanzen



Intro: 32 counts

Restart: On walls 3 & 6 dance up to count 24 then Restart the dance

S1: WALK, WALK, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, OUT, OUT, TOGETHER

- 1-2 Step forward on right, Step forward on left
- 3&4 Step forward on right, Step left next to right, Step forward on right
- 5-6 Rock forward on left, Recover on right
- &7-8 Step back on left apart, Step back on right apart, Step left next to right

S2: CROSS, SIDE, SAILOR HEEL, BALL CROSS, SIDE, SAILOR 1/4 LEFT

- 1-2 Cross step right over left, Step left to left side
- 3&4 Step right behind left, Step left slightly to left side, Dig right heel to right diagonal
- &5-6 Step right next to left, Cross step left over right, Step right to right side
- 7&8 Step left behind right, 1/4 Left stepping right to right side, Step left to left side

S3: KICK & POINT, KICK & POINT, ROCK BACK, RECOVER, POINT, 1/4 RIGHT

- 1&2 Kick right foot forward, Step right next to left, Point left toes to left side
- 3&4 Kick left foot forward, Step left next to right, Point right toes to right side
- 5-6 Rock back on right, Recover on left
- 7-8 Point right toes to right side, 1/4 Right (weight stays on left, right toes pointed forward)

Option counts 7-8: Heel grind 1/4 right

S4: ROCK BACK, RECOVER, POINT, 1/4 RIGHT, ROCK BACK, RECOVER, KICK & POINT, TOGETHER

- 1-2 Rock back on right, Recover on left
- 3-4 Point right toes to right side, 1/4 Right (weight stays on left, right toes pointed forward)

Option counts 3-4: Heel grind 1/4 right

- 5-6 Rock back on right, Recover on left
- 7&8& Kick right foot forward, Step right next to left, Point left toes to left side, Step left next to right

S5: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, UNWIND FULL LEFT, SIDE ROCK, RECOVER, KI K BALL

- 1-2 Rock out to right side, Recover on left
- 3&4 Step right behind left, Step left to left side, Cross step right over left
- 5 Unwind full left (weight on right)
- 6-7 Rock out to left side, Recover on right
- 8& Kick left foot forward, Step left next to right

Contact: nathan.gardiner1998@hotmail.co.uk