

Coconut Nana (Samba Rhythm)

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Rose P. Robinson (USA) - May 2014

Musik: Coconut - Smile.Dk



Intro On Vocal

(1 - 8) R MAMBO, RECOVER, L MAMBO, RECOVER

- 1 a 2 Rock R to R side, recover, step R beside L
- 3 a 4 Rock L to L side, recover, step L beside R
- 5 a 6 7 a 8 Repeat 1 to 4

(9 - 16) SAMBA WALK BENDING KNESS (FORWARD, PUSH, SCOOT)

- 1 a 2 Step forward on R foot bending both knees, step L foot back partially weighting ball of foot while pushing hips back, scoot R foot back slightly and take weight
- 3 a 4 Step forward on L foot bending both knees, step R back partially weighting ball of foot while pushing hips back, scoot L foot back slightly and take weight
- 5 a 6 7 a 8 Repeat 1 to 4

Easier Option 9 to 16 Step forward, push, scoot

(17 - 24) BOTA FOGAS (CROSS, PUSH, SCOOT)

- 1 a 2 Step R foot across L (face L diagonal) step L foot to side partially weighting ball of foot while pushing hips back (start rotation to face R diagonal, scoot R foot back slightly and take weight (face R diagonal)
- 3 a 4 Step L foot across R, (face R diagonal) step R foot to side partially weighting ball of foot while pushing hips back (start rotation to face L diagonal, scoot L foot back slightly and take weight (face L diagonal)
- 5 a 6 7 a 8 Repeat 1 to 4

(25-32) VOLTAS, (CROSS - ah - CROSS) ½ TURN, ¼ TURN, ½ TURN

- 1 a 2 a Step R foot across L, (body faces L diagonal L) bring L foot (ball only) close to R, step R foot across L, pivot ½ turn L 6:00
- 3 a 4 a Step L foot across R, (body position faces L diagonal) bring R foot (ball only) close to L, step L foot across R, ¼ turn R 9:00
- 5 a 6 a Step R foot across L, (body position faces L diagonal) bring L foot (ball only) close to R, step R foot across L pivot ½ turn L 3:00
- 7 a 8 Step L foot across R, (body faces L diagonal) bring R foot (ball only) close to L, step L foot across R

Start again

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Last Update - 12th June 2014