

# Pina Colada (In Bed)

**COPPERKNOB**  
BY STEPHENETS

**Count:** 28

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Johann Olafsson (ICE)

**Music:** Two Pina Coladas - Garth Brooks



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- 1-2 Rock forward on left foot, replace back on right foot  
3&4 Shuffle back on left foot  
5&6 Shuffle back on right foot  
7-8 Rock back on left foot, recover to right foot
- 1-2 Step forward on left foot and turn  $\frac{1}{2}$  turn to right, step forward on right foot  
3-4 Rock forward on left foot, replace back on right foot  
5&6 Shuffle on left foot and turn  $\frac{1}{2}$  turn to left  
7&8 Shuffle on right foot and turn  $\frac{1}{2}$  turn to left. (now we are backing the wall we were facing at the start)
- 1-2 Swing left foot forward, swing left foot across right foot  
3&4 Shuffle forward left foot  
5-6 Swing right foot forward, swing right foot across left foot  
7&8 Shuffle forward right foot
- 1 Turn  $\frac{1}{4}$  to right on right foot and tap left foot on the toe to the side  
&2 Clap the hands twice  
3 Turn  $\frac{1}{4}$  to right on right foot and tap left foot on the toe to the side  
&4 Clap the hands twice
- To start again: turn  $\frac{1}{4}$  to right on right foot and rock forward on left foot**

**REPEAT**

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