

# Poco Poco

Compte: 160

Mur: 0

Niveau: Phrased Beginner

Chorégraphe: Wendy Loh (MY) - November 2012

Musique: Poco Poco



**Intro : 12 x 8 counts**

## **A Bounce 4x, Claps**

- 1-4 Bounce 4 times, both hands rest on R hip
- 5-6 Arms straighten out, clap hands to R at 4.30
- 7-8 Arms straighten out, Clap hands to R at 1.30

## **B Claps**

- 1-2 Arms straighten out, Clap hands to L 10.30
- 3-4 Arms straighten out, Clap hands to L 7.30
- 5-6 Arms straighten out, Clap hands to R at 1.30
- 7-8 Arms straighten out, Clap hands to L 10.30

## **C Rocking Chair 2x**

- 1-2 Rock R forward, Recover L,
- 3-4 Rock R back, Recover L
- 5-6 Rock R forward, Recover L,
- 7-8 Rock R back, Recover L.

## **D ½ Pivot, Rocking Chair, ½ Pivot**

- 1-2 Step R forward, Turn ½ L
- 3-4 Rock R forward, Recover L
- 5-6 Rock R back, Recover L
- 7-8 Step R forward, Turn ½ L

## **E Step Together Step Touch 2x**

- 1-4 Step R to R, Step L next to R, Step R to R, Touch L beside R
- 5-6 Step L to L, Step R next to R, Step L to L, Touch R beside L

## **F Rolling Vines 2x**

- 1-3 Step R forward ¼ R, Step back L turning ½ R, Step R turning ¼ R
- 4 Touch L beside R
- 5-7 Step L forward ¼ L, step back R turning ½ L, Step L turning ¼ L
- 8 Touch R beside L

**Repeat C-F**

## **G Diagonal Step Touches**

- 1-2 Step R diagonal forward to R, Touch L beside R
- 3-4 Step L diagonal forward to L, Touch R beside L
- 1-2 Step R diagonal back to R, Touch L beside R
- 3-4 Step L diagonal back to L, Touch R beside L

## **H Rocking chair, Cross, Full Turn Unwind**

- 1-2 Rock R forward, Recover L,
- 3-4 Rock R back, Recover L
- 5 Cross R over L
- 6-7-8 Unwind full turn

**Dance : 8 x 8 counts**

**Step Together Step Touch, Roling Vine, Touch**

- 1-4 Step R to R, Step L next to R, Step R to R, Touch L beside R
- 5-7 Step L forward  $\frac{1}{4}$  L, step back R turning  $\frac{1}{2}$  L, Step L turning  $\frac{1}{4}$  L
- 8 Touch R beside L

**Walk back 3x, Hitch L, R, L with claps**

- 1-2 Step R back, Step L back
- 3-4 Step R back, Hitch L across R with claps in front of body
- 5-6 Step down on L, Hitch R with claps behind body
- 7-8 Step down on R, Hitch L across R with claps in front of body

**Shuffle forward 2x, Shuffle backward 2x**

- 1&2 Shuffle forward LRL
- 3&4 Shuffle forward RLR
- 5&6 Shuffle back LRL
- 7&8 Shuffle back RLR

**Cross, Point 2x, Jazz box**

- 1-2 Cross L over R, Point R to R
- 3-4 Cross R over L, Point L to L
- 5-6 Cross L over R, Step back on R
- 7-8 Step L to L, Touch R beside L

**Forward Rock, Triple Steps 2x**

- 1-2 Rock R forward, Recover L
- 3&4 Step RLR on the spot
- 5-6 Rock L forward, Recover R
- 7&8 Step LRL on the spot

**$\frac{1}{2}$  Pivot, Shuffle forward,  $\frac{1}{2}$  Pivot, Full Turn**

- 1-2 Step R forward, Turn  $\frac{1}{2}$  L
- 3&4 Shuffle forward RLR
- 5-6 Step L forward, Turn  $\frac{1}{2}$  R
- 7-8 Step L back turning  $\frac{1}{2}$  R, Step R forward turning  $\frac{1}{2}$  R

**Sways & Hip Bumps**

- 1-2 Sway hip to L, Sway hip to R
- 3-4 Hip Bump L, twice
- 5-6 Hip Bump R, twice
- 7-8 Hip Bump L, twice

**Rocking chair, Cross, Full Turn Unwind**

- 1-2 Rock R forward, Recover L,
- 3-4 Rock R back, Recover L
- 5 Cross R over L
- 6-7-8 Unwind full turn

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