Two Pina Coladas



拍数: 72 墙数: 4 级数: Intermediate

编舞者: Veda Holder (USA)

音乐: Two Pina Coladas - Garth Brooks



Special thanks to Sharon Emmet for her professional advice.

SWAY RIGHT	SWAY LEFT right STAGGER	R- STEP, left STAGGER -STEP

1-2 Sway right, sway left	
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3-5 Cross step right over left, step left back, step right to right side
 6-8 Cross step left over right, step right back, step left to left side
 B SHUFFLE RIGHT, ROCK, ROCK, SHUFFLE LEFT, ROCK, ROCK

Shuffle side right (right, left, right), rock back on left, rock forward on right, Shuffle side left (left, right, left), rock back on right, rock forward on left

SHUFFLE FORWARD, SHUFFLE FORWARD, SHUFFLE FORWARD

Step right forward, step left next to right, step forward rightStep left forward, step right next to left, step forward left

5-8 Repeat the above 4 counts

WALK BACK 4 COUNTS, 1/4 MONTEREY TURN RIGHT

1-4 Step back right, step back left, step back right, step back left

5-8 Point right to right side, turn ¼ right on ball left stepping right next to left, point left to left side,

step left next to right

1/4 MONTEREY TURN RIGHT, CAMEL WALK,

1-4 Point right to right side, turn ¼ right on ball left stepping right next to left, point left to left side,

touch left next to right

5-8 Step left forward on diagonal, lock-step right behind left, step left forward on diagonal, brush

right

WALK IN ½ CIRCLE, KICK, TRIPLE STEP

1-4 Walk right, left, right, left in a ½ circle right

5-7&8 Kick right, step right, triple step in place (left, right, left)

VINE RIGHT, FOOT BOOGIES LEFT

1-4 Step right to right side, cross left behind right, step right to right side, stomp down left next to

right

Foot boogies progress to the left

(Weight on left heel and right toes)-swivel left toes to left and swivel right heel left
 (Weight on right heel and left toes)-swivel left heel to left and swivel right toes to left

7-8 Repeat counts 5 and 6 above

SHIMMY TWICE, 1/4 TURN, STOMP, HOLD

1-4 Step left forward, shimmy shoulders, step right back, shimmy shoulders

5-6 Cross left behind right turning ¼ right, step right next to left

7-8 Stomp down left, hold

STOMP, HOLD TWICE, RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE

1-4 Stomp right, hold, stomp left, hold

Cross right behind left, step on ball of left, step right next to left
Cross left behind right, step on ball of right, step left next to right