

Coco-Nut

拍数: 32 墙数: 4 级数: Intermediate (Funky)
编舞者: Paul McAdam (UK) - September 2008
音乐: Cocaine - Robin Thicke



Count in: Start on Vocals approximately 18 seconds into song.

(1-8) PRESS, KICK, SAILOR STEP, HEEL ROCK, & SIDE ROCK

- 1,2 Press ball of right foot to right side, recover weight onto left foot and kick right foot a small kick right
- 3&4 Right sailor step
- 5,6 Take weight back onto both heels and lift toes off the floor, roll weight forward onto balls of feet, weight mainly on right
- &7,8 Step left foot next to right, rock right foot out to right side, recover weight onto left

(9-16) &SIDE ROCK CROSS, FULL TURN BACK, COASTER STEP, KICK BALL STEP FORWARD

- &1&2 Step right foot next to left, rock left foot out to left side, recover weight onto right, cross left foot over right
- 3,4 Make a ½ turn right and step forward on right foot, make a ½ turn right and step back on left foot
- 5&6 Right coaster step
- 7&8 Kick left foot a low kick forward, step down on ball of left foot, step right foot forward and start making a ½ turn left to take weight onto left foot

(17-24) 1/2 PIVOT, PUSH BACK BALL STEP, LEFT SHUFFLE, ROCK ¼ TURN

- 1 Finish ½ pivot and push weight back onto right foot, straightening legs and sitting back into right hip
- &2 Step slightly back on ball of left foot, step forward on right
- 3&4 Left shuffle forward
- 5&6 Rock right foot forward, recover weight onto left, make a ¼ turn right and step right foot to right side
- 7&8 Kick left foot forward, step left foot next to right, touch right toe back

(25-32) TWIST ¼ TURN RIGHT, RECOVER, STEP ¾ TURN SLIDE, TOGETHER, ¼ TURN OUT-OUT, IN-IN.

- 1,2 Bending knees, twist ¼ turn right, then twist back ¼ turn left weight ends on left
- 3,4 Step forward on right foot, turn ¾ turn left, weight ends on left
- 5,6 Step right foot big step to right side, slide left foot up to it and together.
- &7 Make a ¼ turn left and step right foot out to right side, step left foot out to left side
- &8 Step right foot in, step left foot next to right.

START AGAIN AND ENJOY!