Under The Coconut Tree



拍数: 64 墙数: 4 级数: Intermediate 编舞者: Sebastiaan Holtland (NL) - March 2011 音乐: Coconut Tree (feat. Nicole Scherzinger) - Mohombi Slow 8 count intro after the vocals (08 Sec) Sec 1: 1-8 Step Fwd, Side, Together, Hitch, Back, Together, Side, Heel Grind 1/4 Turn R Step forward on Lf, step Rf to the right (12:00) 1-2 3-4 Step Rf beside Lf, hitch L knee up 5-6 Step back on Lf, step Rf beside Lf 7-8 Step Rf to the right, heel grind with Rf (toes from left to right) turn 1/4 to right (3), Step Lf back weight onto Lf Sec 2: 9-16 Replace, Point, Cross, Point, Sailor Step, Hold, Sailor 1/4 Turn R 1-2 Step Rf back in place slightly forward, point Lf out to left holding weight onto Rf (3:00) 3-4 Cross Lf over Rf, point Rf out to right holding weight onto Lf 5&6& Step Rf behind Lf, step Lf to the left, step Rf to the right take weight onto both feet, HOLD 7&8 Step Lf behind Rf, turn 1/4 right (6) stepping forward on Rf, stepping forward on Lf weight onto Lf Sec 3: 17-24 Touch 1/2 Turn L, Touch, Replace, Touch, Replace, 1/4 Turn L, Cross, Point 1-2 Touch R forward, turn 1/2 L (12) (weight back on R) 3-6 Touch L forward, step Lf back in place, touch R forward, step Rf back in place 7&8 Turn 1/4 left (9) cross Lf over Rf, point Rf out to right Sec 4: 25-32 Sailor Step, Sailor Step 1/4 Turn R, 1/2 Pivot L, 3/4 Turn L, Side 1&2 Step Rf behind Lf, step Lf to the left, step Rf to the right weight onto Rf (9:00) 3&4 Step Lf behind Rf, turn 1/4 right (12) stepping forward on Rf, stepping forward on Lf weight onto Lf 5-6 Step forward on Rf, making a 1/2 turn to left (6) take weight onto Lf Turn 1/2 to left (12) step back on Rf, continue a 1/4 turn to left (9) step Lf to the left weight 7-8 onto Lf Sec 5: 33-40 Cross, Side, Back, Cross, Point, 1/2 Turn R, Hitch, Side Lunge, Drag 1-2 Cross Rf over Lf, step Lf to the left side (9:00) 3-4 Step back on Rf, cross Lf over Rf weight onto Lf 5-6 Point Rf out to the right, turn 1/2 right on Lf (3) hitch R knee up holding weight onto Lf 7-8 Step (lunge) Rf to the right side, (8) coming up drag slightly on Lf Sec 6: 41-48 Replace, Cross, 1/4 Turn R, Back, Back, Heel, Fwd, 1/2 Turn L, Back, 1/4 Turn L, Side, Heel &1-2 (&) Lf back in place weight onto Lf, cross Rf over Lf, turn 1/4 right (6) stepping back on Lf 3-4 Stepping back on Rf, touch L heel forward holding weight onto Rf 5-6 Step forward on Lf, turn 1/2 left (12) step back on Rf weight onto Rf 7-8 Turn 1/4 left (9) step Lf to the left side, touch R heel forward holding weight onto Lf Sec 7: 49-56 Extending Side Step with 2x Body Pumps Fwd, Together, Hold, Side Rock / Recover, Sailor 1/4 turn L 1-2 Step Rf extending out to the right and pump body forward back to center, pump body forward

(2x body pumps forward)
3-4 Step Lf next R

3-4 Step Lf next Rf take weight onto both feet, HOLD

5-6 Rock Rf to the right side, recover on Lf

back to center (9:00)

7-8 Step Rf behind Lf, turn 1/4 left (6) stepping forward on Lf, stepping forward on Rf weight onto Rf

Sec 8: 57-64 Rock / Recover, 1/2 L, 1/4 L, Back Rock / Recover, 1/4 Turn R, Back, Turn 1/4 R, Side

1-2 Rock forward on Lf, recover on Rf (6:00)

3-4 Turn 1/2 to left (12) step forward on Lf, turn 1/4 to left (9) step Rf to the right weight onto Rf

5-8 Rock back on Lf, recover on Rf

7-8 Turn 1/4 right (12) stepping back on Lf, turn 1/4 right (3) step Rf to the right weight onto Rf

Start Again, Enjoy!

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