

Coconut

拍数: 32 墙数: 4 级数: Beginner
编舞者: Kristin Kurtina (EST) - August 2012
音乐: Coconut Tree (feat. Nicole Scherzinger) - Mohombi



Intro: 7 seconds

[1-8] Rocking chair(RF), Step ½, Shuffle forward ,

1 2 Rock forward on Rf, recover on Lf [12.00]
3 4 Rock back on Rf, recover on Lf [12.00]
5 6 Step forward on Rf, make ½ turn to left(weight on Lf) [06.00]
7&8 Step forward on Rf, bring Lf next to Rf, step forward on Rf [06.00]

[9-16] Rocking chair(LF), Step ½, Shuffle forward,

1 2 Rock forward on Lf, recover on Rf [06.00]
3 4 Rock back on Lf, recover on Rf [06.00]
5 6 Step forward on Lf, make ½ turn to right(weight on Rf) [12.00]
7&8 Step forward on Lf, bring Rf next to Lf, step forward on Lf [12.00]

[17-24] Side rock(RF), cha-cha-cha, Side rock(LF), cha-cha-cha,

1 2 Side rock with Rf to right, recover on Lf [12.00]
3&4 Step Rf in place, step Lf in place, step Rf in place [12.00]
5 6 Side rock with Lf to left, recover on Rf [12.00]
7&8 Step Lf in place, step Rf in place, step Lf in place [12.00]

[25-32] Side, behind, ¼, ½, Walk L,R,L

1 2 Step to right with Rf, cross Lf behind Rf [12.00]
3 Make ¼ turn to right stepping forward with Rf [03.00]
4 Make ½ turn to right and step Lf back(weight on Lf)[09.00]
5 6 Recover weight on Rf, step forward on Lf (6)
7 8 Step forward on Rf (7), step forward on Lf [09.00]

***Option – you can make a full turn in the last section at counts 6 and 7.**

6 7 ½ turn to right by stepping back on Lf, ½ to right stepping forward on Rf

Last Revision - 11th October 2012