

# Coconut Nana (Samba Rhythm)

COPPER KNOB  
BY STEPHEN BRETZ

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Rose P. Robinson (USA) - May 2014  
音乐: Coconut - Smile.Dk



## Intro On Vocal

### (1 - 8) R MAMBO, RECOVER, L MAMBO, RECOVER

1 a 2                      Rock R to R side, recover, step R beside L  
3 a 4                      Rock L to L side, recover, step L beside R  
5 a 6 7 a 8                Repeat 1 to 4

### (9 - 16) SAMBA WALK BENDING KNESS (FORWARD, PUSH, SCOOT)

1 a 2                      Step forward on R foot bending both knees, step L foot back partially weighting ball of foot while pushing hips back, scoot R foot back slightly and take weight  
3 a 4                      Step forward on L foot bending both knees, step R back partially weighting ball of foot while pushing hips back, scoot L foot back slightly and take weight  
5 a 6 7 a 8                Repeat 1 to 4

#### Easier Option 9 to 16 Step forward, push, scoot

### (17 - 24) BOTA FOGAS (CROSS, PUSH, SCOOT)

1 a 2                      Step R foot across L (face L diagonal) step L foot to side partially weighting ball of foot while pushing hips back (start rotation to face R diagonal, scoot R foot back slightly and take weight (face R diagonal)  
3 a 4                      Step L foot across R, (face R diagonal) step R foot to side partially weighting ball of foot while pushing hips back (start rotation to face L diagonal, scoot L foot back slightly and take weight (face L diagonal)  
5 a 6 7 a 8                Repeat 1 to 4

### (25-32) VOLTAS, (CROSS - ah - CROSS) ½ TURN, ¼ TURN, ½ TURN

1 a 2 a                    Step R foot across L, (body faces L diagonal L) bring L foot (ball only) close to R, step R foot across L, pivot ½ turn L 6:00  
3 a 4 a                    Step L foot across R, (body position faces L diagonal) bring R foot (ball only) close to L, step L foot across R, ¼ turn R 9:00  
5 a 6 a                    Step R foot across L, (body position faces L diagonal) bring L foot (ball only) close to R, step R foot across L pivot ½ turn L 3:00  
7 a 8                      Step L foot across R, (body faces L diagonal) bring R foot (ball only) close to L, step L foot across R

## Start again

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Last Update - 12th June 2014