

Pina Colada Boy

COPPER **KNOB**
BY STEPHEN METZ

拍數: 40 牆數: 4 級數: Improver
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - August 2015
音樂: Pina Colada Boy by Baby Alice and Hanna Adolfsson and Jimmy Thornfeldt and
Martin Hanzen



Start after 32 count intro – [3 mins 32 secs – 113 bpm]

[1-8] □ Walk fwd 2, R fwd mambo, walk back 2, L ball step cross

1-2 Step R forward, step L forward
3&4 Rock R forward, recover weight on L, step R back
5-6 Step L back, step R back
&7-8 Step L back, step R back, cross step L over R

[9-16] □ Vine R 2, R ball cross 2X, R step touch, L ball cross 2X

1-2 Step R side, cross step L behind R
&3&4 Step R side, cross step L over R, step R side, cross step L over R
5-6 Step R side, touch L together
&7&8 Step L side, cross step R over L, step L side, cross step R over L

[17-24] □ Travelling ¾ L: L fwd, R kick ball step, R fwd, L kick ball step, L fwd shuffle

1,2&3 Turning ¼ left step L forward, kick R forward, step R together, step L forward
4,5&6 Turning ¼ left step R forward, kick L forward, step L together, step R forward
7&8 Turning ¼ left step L forward, step R together, step L forward (3 o'clock)

RESTARTS: - □

During wall 3 which will take you to left side wall

During wall 6 which will take you to back wall

ENDING: During wall 9 to end facing front, execute steps 17-24 turning a FULL turn left to bring dance to front wall

[25-32] □ R fwd rock/recover, R & L apart and bump hips L, R, L, ½ R sweeping sailor, L fwd

1-2& Rock R forward, recover weight on L, step R back and apart
3-5 Step L apart bumping hips left, bump hips right, bump hips left (weight ends on L)
6&7 Sweeping R from front to back turn ½ right step R back, step L side, step R side
8 Step L forward (9 o'clock)

[33-40] □ R fwd rock/recover, R ball cross unwind ½ R (with R hitch), R coaster, L fwd shuffle

1-2& Rock R forward, recover weight on L, step R back
3-4 Cross L over R, unwind ½ right keeping weight on L (optional R hitch) (3 o'clock)
5&6 Step R back, step L together, step R forward
7&8 Step L forward, step R together, step L forward

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