

Pina Colada Boy

拍數: 40 牆數: 4 級數: Improver
編舞者: Nathan Gardiner (SCO) - October 2015
音樂: Pina Colada Boy by Baby Alice and Hanna Adolfsson and Jimmy Thornfeldt and Martin Hanzen



Intro: 32 counts

Restart: On walls 3 & 6 dance up to count 24 then Restart the dance

S1: WALK, WALK, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, OUT, OUT, TOGETHER

1-2 Step forward on right, Step forward on left
3&4 Step forward on right, Step left next to right, Step forward on right
5-6 Rock forward on left, Recover on right
&7-8 Step back on left apart, Step back on right apart, Step left next to right

S2: CROSS, SIDE, SAILOR HEEL, BALL CROSS, SIDE, SAILOR 1/4 LEFT

1-2 Cross step right over left, Step left to left side
3&4 Step right behind left, Step left slightly to left side, Dig right heel to right diagonal
&5-6 Step right next to left, Cross step left over right, Step right to right side
7&8 Step left behind right, 1/4 Left stepping right to right side, Step left to left side

S3: KICK & POINT, KICK & POINT, ROCK BACK, RECOVER, POINT, 1/4 RIGHT

1&2 Kick right foot forward, Step right next to left, Point left toes to left side
3&4 Kick left foot forward, Step left next to right, Point right toes to right side
5-6 Rock back on right, Recover on left
7-8 Point right toes to right side, 1/4 Right (weight stays on left, right toes pointed forward)

Option counts 7-8: Heel grind 1/4 right

S4: ROCK BACK, RECOVER, POINT, 1/4 RIGHT, ROCK BACK, RECOVER, KICK & POINT, TOGETHER

1-2 Rock back on right, Recover on left
3-4 Point right toes to right side, 1/4 Right (weight stays on left, right toes pointed forward)

Option counts 3-4: Heel grind 1/4 right

5-6 Rock back on right, Recover on left

7&8& Kick right foot forward, Step right next to left, Point left toes to left side, Step left next to right

S5: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, UNWIND FULL LEFT, SIDE ROCK, RECOVER, KI K BALL

1-2 Rock out to right side, Recover on left
3&4 Step right behind left, Step left to left side, Cross step right over left
5 Unwind full left (weight on right)
6-7 Rock out to left side, Recover on right
8& Kick left foot forward, Step left next to right

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