

# 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

Contact: [nathan.gardiner1998@hotmail.co.uk](mailto:nathan.gardiner1998@hotmail.co.uk)