

Coconut Tree

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Novice
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June 2011
音樂: Coconut Tree (feat. Nicole Scherzinger) - Mohombi



Dance starts after 32 counts when the heavier beat kicks in

Step side, Together, Step side, Together, Walk fwd R L R L with shimmy shoulders

- 1 RF Step to right side
- 2 LF Step together
- 3 RF Step to right side
- 4 LF Step together
- 5 RF Walk forward
- 6 LF Walk forward
- 7 RF Walk forward
- 8 LF Walk forward

On count 5 to 8 also doing shimmy shoulders

Step side, Hitch, ¼ turn L, Step side, Hitch, 3x Bumps or Hip rolls, ¼ turn L with a flick

- 1 RF Big step to right side
- 2 LF Hitch
- & ¼ turn left
- 3 LF Big step to left side
- 4 RF Hitch
- 5 RF Step to right side & bump to right
- 6 Bump to right again
- 7 Bump to right again
- 8 LF ¼ turn left stepping next right and flicking the RF back

On 5 to 7 you can also do hip rolls

Walk fwd R & L, 2x ½ turning shuffle L, Cross, Rockstep

- 1 RF Walk forward
- 2 LF Walk forward
- 3 RF ¼ turn left stepping to right side
- & LF Step next to RF
- 4 RF ¼ turn left stepping back
- 5 LF ¼ turn left stepping to left side
- & RF Step next to LF
- 6 LF ¼ turn left stepping forward
- 7 RF Cross over LF
- & LF Step slightly to left side
- 8 RF Recover weight

Cross, Rockstep ¼ turn L, Kick switches, Pivot turn, Hip movement

- 1 LF Cross over RF
- & RF Step slightly to right side
- 2 LF ¼ turn left stepping forward
- 3 RF Kick forward
- & RF Recover
- 4 LF Kick forward
- & LF Recover

- 5 RF Step forward
- 6 LF ½ turn left stepping forward
- 7 RF Step to right side (move hips to right)
- 8 LF Recover weight (move hips to left)

Start again and don't forget to smile ☐
