

Pina Colada (In Bed)

COPPERKNOB
BY STEPHEN

拍數: 28 牆數: 4 級數: Intermediate
編舞者: Johann Olafsson (ICE)
音樂: Two Pina Coladas - Garth Brooks



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- 1-2 Rock forward on left foot, replace back on right foot
3&4 Shuffle back on left foot
5&6 Shuffle back on right foot
7-8 Rock back on left foot, recover to right foot
- 1-2 Step forward on left foot and turn $\frac{1}{2}$ turn to right, step forward on right foot
3-4 Rock forward on left foot, replace back on right foot
5&6 Shuffle on left foot and turn $\frac{1}{2}$ turn to left
7&8 Shuffle on right foot and turn $\frac{1}{2}$ turn to left. (now we are backing the wall we were facing at the start)
- 1-2 Swing left foot forward, swing left foot across right foot
3&4 Shuffle forward left foot
5-6 Swing right foot forward, swing right foot across left foot
7&8 Shuffle forward right foot
- 1 Turn $\frac{1}{4}$ to right on right foot and tap left foot on the toe to the side
&2 Clap the hands twice
3 Turn $\frac{1}{4}$ to right on right foot and tap left foot on the toe to the side
&4 Clap the hands twice
To start again: turn $\frac{1}{4}$ to right on right foot and rock forward on left foot

REPEAT
