

Coconuts

拍數: 32 牆數: 2 級數:
編舞者: Jim Cone (USA)
音樂: Coconut - Smile.Dk



& HEEL, & TOE, & HEEL, & STEP, OUT OUT, IN IN, CROSS TURN

- &1 Step right back touch, left heel forward
- &2 Step left together, touch right in place
- &3 Step left back, touch right heel forward
- &4 Step right together, step left in place
- &5 Step right to right, step left to left
- &6 Step right to center, step left beside right
- 7 Cross right in front of left
- 8 Pivot ½ turn left on balls of both feet

RIGHT LEFT TOGETHER, LEFT RIGHT TOGETHER, OUT OUT, IN IN, CROSS, TURN

- 1&2 Step right foot to right, rock back on left, step right together
- 3&4 Step left to left, rock back on right, step left together
- &5 Step right to right, step left to left
- &6 Step right to center, step left beside right
- 7 Cross right in front of left
- 8 Pivot ½ turn left on balls of both feet

& HEEL, & TOE, & HEEL, & STEP, OUT OUT, IN IN, CROSS TURN

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- &3 Step left back, touch right heel forward
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- 8 Pivot ½ turn left on balls of both feet

BUMP RIGHT, BUMP LEFT, ROLL 2-3-4

- 1-2 Step forward on right as you bump hips twice right
- 3-4 Step forward on left as you bump hips twice left
- 5-6 Roll hips to the left from back to front
- 7-8 Roll hips to the right from front to back

REPEAT
