

Coca Cola Shake

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Ria Vos (NL) - April 2014
音樂: Cola Song (feat. J Balvin) - Inna



Intro: 16 Counts

Phrasing: A, A, A-16 counts, B, A, A, A-16 counts, B, A, A, A, A-12 counts, B, B

Part A: 32 counts

Side Rock, & Side, Touch, Knee Out ¼ Turn R, Hitch-Ball-Step, Step Fwd

1-2 Rock R to R Side, Recover on L
&3-4 Step R Next to L, Step L to L Side, Touch R Next to L with Knee Turned In
5 Turn R Knee Out Turning ¼ R (weight remains on L, R toe still touched)
6&7 Hitch R, Step on Ball of R, Step L Fwd
8 Step Fwd on R

Point Fwd- Back, ½ Turn L, ¼ Turn L Point R, ¼ Turn R, ¼ Turn R Point L, Kick & Point

1-2 Point L Fwd, Point L Back
3-4 ½ Turn L Step Fwd on L, ¼ Turn L Point R to R Side ***Starting Point B 3th time (12:00)
5-6 ¼ Turn R Step Fwd on R, ¼ Turn R Point L to L Side
7&8 Kick Fwd on L, Step L Next to R, Point R to R Side

**Starting Point B 1st and 2nd time (12:00)

Cross, Side, Behind & Heel & Cross, Hold, & Cross, Side

1-2 Cross R Over L, Step L to L Side
3& Step R Behind L, Step L to L Side
4&5 Touch R Heel Fwd to R Diagonal, Step R Next to L, Cross L Over R
6&7 Hold, Step R to R Side, Cross L Over R
8 Step R to R Side

Rock Back, ¼ Turn R, ¼ Turn R, Jazz Box, Touch

1-2 Rock Back on L, Recover on R
3-4 ¼ Turn R Step Back on L, ¼ Turn R Step R to R Side
5-8 Cross L Over R, Step Back on R, Step L to L Side, Touch R Next to L

(on the words 'shake': shake your shoulders; on the word 'olé' count 8: snap fingers both hands to L side, R hand over head & look to L)

Part B: 32 counts

Cross Shuffle, ¼ Turn R Back Shuffle, ¼ Turn R Chasse R, Cross Rock

1&2 Cross R Over L, Step L to L Side, Cross R Over L
3&4 ¼ Turn R Step Back on L, Step R Next to L, Step Back on L
5&6 ¼ Turn R Step R to R Side, Step L Next to R, Step R to R Side
7-8 Cross Rock L Over R, Recover on R

Chasse L, ½ Turn L Chasse R, ½ Turn L Chasse L, Cross Rock

1&2 Step L to L Side, Step R Next to L, Step L to L Side
3&4 ½ Turn L Step R to R Side, Step L Next to R, Step R to R Side
5&6 ½ Turn L Step L to L Side, Step R Next to L, Step L to L Side
7-8 Cross Rock R Over L, Recover on L

2x Point R, ¼ Turn R, 2x Point L, & Fwd Heel & Toe Back & 2x Heel Fwd

1-2 Point R to R Side Twice (slight hitch in between)
&3-4 ¼ Turn R Step R Next to L, Point L to L Side Twice (slight hitch in between)

&5&6 Step L Next to R, Touch R Heel Fwd, Step R Next to L, Touch L Toe Back
&7-8 Step L Next to R, Touch Heel Fwd Twice (slight hitch in between)

Point R, ¼ Turn R, Point L, & Fwd Heel & Toe Back &, Step Fwd, Hitch/Hop, Side Drag

1&2& Point R to R Side, ¼ Turn R Step R Next to L, Point L to L Side, Step L Next to R

3&4& Touch R Heel Fwd, Step R Next to L, Touch L Toe Back, Step L Next to R

5-6 Step Fwd on R, Hitch L & slightly Hop Up on R (option: R arm up with flat hand, palm inwards)

7-8 Big Step L to L Side, Drag R Towards L (option: R arm out to R side, hand up with palm outwards)

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