

Cola Dance

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Winston Yew (SG) - May 2014
音樂: Cola Song (feat. J Balvin) - Inna



Intro: 16 Counts [00:08]

Note: This dance is choreographed in appreciation of all my students, grand-students, supporters & friends for giving me all the wonderful birthday celebration. Thank you to all of you!!

§1: SIDE, BEHIND, SIDE, HEEL-BALL CROSS, SIDE, BEHIND SIDE CROSS, SIDE □

12&3&4 Step L to L, Cross R behind L, Step L to L, Touch R heel fwd, Step R beside L, Cross L over R
56&78 Step R to R, Cross L behind R, Step R to R, Cross L over R, Step R to R

§2: FWD ROCK, RECOVER, SWITCH BACK ROCK, RECOVER, STEP, PIVOT ¼ L, SWITCH SIDE ROCK, RECOVER

12&34 Rock L fwd, Recover R, Step L beside R, Rock R back, Recover L
56&78 Step R fwd, Pivot ¼ L, Step R beside L, Rock L to L, Recover R [9:00]

§3: SAILOR STEPS – R THEN L, BACK TOUCH, REVERSE PIVOT ½ L, STEP, PIVOT ½ L

1&23&4 Cross L behind R, Step R to R, Step L to L, Cross R behind L, Step L to L, Step R to R
5678 Touch L back, Reverse pivot ½ L (weight L), Step R fwd, Pivot ½ L [9:00]

§4: FWD, HOLD, SWITCH, FWD CHARLESTON, KICK BALL TOUCH

12&3 Step R fwd, hold, Lock step L behind R, Step R fwd
456 Swing and touch L fwd, Step L back, Swing and touch R back
7&8 Kick R fwd, Step R beside L, Touch L to L

§5: HOLD, ¼ L MONTEREY, SIDE TOUCH, HOLD, ½ R MONTEREY, CROSS, SIDE, CROSS SHUFFLE

1&23&4 Hold, ¼ L step L beside R, Touch R to R, Hold, ½ R step R beside R, Touch L to L [12:00]
567&8 Cross L over R, Step R to R, Cross L over R, Step R to R, Cross L over R

§6: SIDE ROCK, RECOVER, ¼ L SAILOR, ¼ R SIDE ROCK, RECOVER, PADDLE ½ R

123&4 Rock R to R, Recover L, Cross R behind L, ¼ L step L fwd, Step R fwd [9:00]

***You'll face 3:00 here on Wall 6. ¼ R to face 6:00 to Restart.**

5678 ¼ R rock L to L, Recover R, Step L fwd, Paddle/Pivot ½ R [6:00]

*** Restart here on Wall 1 and 3 facing 6:00.**

§7: KICK BALL CROSS, HOLD, BALL CROSS, CLOSE, KICK BALL CROSS, HOLD, BALL CROSS

1&23&4& Kick L diag. fwd, Step L beside R, Cross R over L, Hold, Step L to L, Cross R over L, Step L slightly diag. back and L
5&67&8 Kick R diag. fwd, Step R beside L, Cross L over R, Hold, Step R to R, Cross L over R

§8: SIDE ROCK, RECOVER, (TRAVELLING L) FULL R, BACK ROCK, RECOVER, FULL L TRIPLE TURN ON THE SPOT

1234 Rock R to R, Recover L, ½ R step R to R, ½ R step L to L [6:00]
567&8 Rock R back, Recover L, Full L triple step turn on R-L-R on the spot. [6:00]

REPEAT

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