|  |  |
| --- | --- |
| Coconut Nana (Samba Rhythm) |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Rose P. Robinson (USA) - May 2014 |
| **Music:** | Coconut - Smile.Dk |
| . |

**Intro On Vocal**

**(1 - 8) R MAMBO, RECOVER, L MAMBO, RECOVER**

|  |  |
| --- | --- |
| 1 a 2 | Rock R to R side, recover, step R beside L |

|  |  |
| --- | --- |
| 3 a 4 | Rock L to L side, recover, step L beside R |

|  |  |
| --- | --- |
| 5 a 6 7 a 8 | Repeat 1 to 4 |

**( 9 - 16) SAMBA WALK BENDING KNESS (FORWARD, PUSH, SCOOT)**

|  |  |
| --- | --- |
| 1 a 2 | Step forward on R foot bending both knees, step L foot back partially weighting ball of foot while pushing hips back, scoot R foot back slightly and take weight |

|  |  |
| --- | --- |
| 3 a 4 | Step forward on L foot bending both knees, step R back partially weighting ball of foot while pushing hips back, scoot L foot back slightly and take weight |

|  |  |
| --- | --- |
| 5 a 6 7 a 8 | Repeat 1 to 4 |

**Easier Option 9 to 16 Step forward, push, scoot**

**(17 – 24) BOTA FOGAS (CROSS, PUSH, SCOOT)**

|  |  |
| --- | --- |
| 1 a 2 | Step R foot across L (face L diagonal) step L foot to side partially weighting ball of foot while pushing hips back (start rotation to face R diagonal, scoot R foot back slightly and take weight (face R diagonal) |

|  |  |
| --- | --- |
| 3 a 4 | Step L foot across R, (face R diagonal) step R foot to side partially weighting ball of foot while pushing hips back (start rotation to face L diagonal, scoot L foot back slightly and take weight (face L diagonal |

|  |  |
| --- | --- |
| 5 a 6 7 a 8 | Repeat 1 to 4 |

**(25-32) VOLTAS, (CROSS - ah - CROSS) ½ TURN, ¼ TURN, ½ TURN**

|  |  |
| --- | --- |
| 1 a 2 a | Step R foot across L, (body faces L diagonal L) bring L foot (ball only) close to R, step R foot across L, pivot ½ turn L 6:00 |

|  |  |
| --- | --- |
| 3 a 4 a | Step L foot across R, (body position faces L diagonal) bring R foot (ball only) close to L, step L foot across R, ¼ turn R 9:00 |

|  |  |
| --- | --- |
| 5 a 6 a | Step R foot across L, (body position faces L diagonal) bring L foot (ball only) close to R, step R foot across L pivot ½ turn L 3:00 |

|  |  |
| --- | --- |
| 7 a 8 | Step L foot across R, (body faces L diagonal) bring R foot (ball only) close to L, step L foot across R |

**Start again**

**Contact: panga@att.net**

**Last Update - 12th June 2014**