

Pina Colada (In Bed)

Compte: 28

Mur: 4

Niveau: Intermediate



Chorégraphe: Johann Olafsson (ICE)

Musique: 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 ½ 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 ½ turn to left |
| 7&8 | Shuffle on right foot and turn ½ 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 ¼ to right on right foot and tap left foot on the toe to the side |
| &2 | Clap the hands twice |
| 3 | Turn ¼ to right on right foot and tap left foot on the toe to the side |
| &4 | Clap the hands twice |
- To start again:** turn ¼ to right on right foot and rock forward on left foot

REPEAT
