

Coco-Nut

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Count: 32 **Wall:** 4 **Level:** Intermediate (Funky)

Choreographer: Paul McAdam

Music: "Cocaine" by Robin Thicke

Count in: Start on Vocals approximately 18 seconds into song.

(1-8) PRESS, KICK, SAILOR STEP, HEEL ROCK, & SIDE ROCK

- 1,2** Press ball of right foot to right side, recover weight onto left foot and kick right foot a small kick right
- 3&4** Right sailor step
- 5,6** Take weight back onto both heels and lift toes off the floor, roll weight forward onto balls of feet, weight mainly on right
- &7,8** Step left foot next to right, rock right foot out to right side, recover weight onto left

(9-16) &SIDE ROCK CROSS, FULL TURN BACK, COASTER STEP, KICK BALL STEP FORWARD

- &1&2** Step right foot next to left, rock left foot out to left side, recover weight onto right, cross left foot over right
- 3,4** Make a ½ turn right and step forward on right foot, make a ½ turn right and step back on left foot
- 5&6** Right coaster step
- 7&8** Kick left foot a low kick forward, step down on ball of left foot, step right foot forward and start making a ½ turn left to take weight onto left foot

(17-24) 1/2 PIVOT, PUSH BACK BALL STEP, LEFT SHUFFLE, ROCK ¼ TURN

- 1** Finish ½ pivot and push weight back onto right foot, straightening legs and sitting back into right hip
- &2** Step slightly back on ball of left foot, step forward on right
- 3&4** Left shuffle forward
- 5&6** Rock right foot forward, recover weight onto left, make a ¼ turn right and step right foot to right side
- 7&8** Kick left foot forward, step left foot next to right, touch right toe back

(25-32) TWIST $\frac{1}{4}$ TURN RIGHT, RECOVER, STEP $\frac{3}{4}$ TURN SLIDE, TOGETHER, $\frac{1}{4}$ TURN OUT-OUT, IN-IN.

- 1,2** Bending knees, twist $\frac{1}{4}$ turn right, then twist back $\frac{1}{4}$ turn left weight ends on left
- 3,4** Step forward on right foot, turn $\frac{3}{4}$ turn left, weight ends on left
- 5,6** Step right foot big step to right side, slide left foot up to it and together.
- &7** Make a $\frac{1}{4}$ turn left and step right foot out to right side, step left foot out to left side
- &8** Step right foot in, step left foot next to right.

START AGAIN AND ENJOY!