

# Pina Colada Boy

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**Count:** 40

**Wall:** 4

**Level:** Improver

**Choreographer:** Nathan Gardiner (SCO) - October 2015

**Music:** Pina Colada Boy by Baby Alice and Hanna Adolfsson and Jimmy Thornfeldt and Martin Hanzen

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**Intro: 32 counts**

**Restart: On walls 3 & 6 dance up to count 24 then Restart the dance**

**S1: WALK, WALK, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, OUT, OUT, TOGETHER**

1-2 Step forward on right, Step forward on left  
3&4 Step forward on right, Step left next to right, Step forward on right  
5-6 Rock forward on left, Recover on right  
&7-8 Step back on left apart, Step back on right apart, Step left next to right

**S2: CROSS, SIDE, SAILOR HEEL, BALL CROSS, SIDE, SAILOR 1/4 LEFT**

1-2 Cross step right over left, Step left to left side  
3&4 Step right behind left, Step left slightly to left side, Dig right heel to right diagonal  
&5-6 Step right next to left, Cross step left over right, Step right to right side  
7&8 Step left behind right, 1/4 Left stepping right to right side, Step left to left side

**S3: KICK & POINT, KICK & POINT, ROCK BACK, RECOVER, POINT, 1/4 RIGHT**

1&2 Kick right foot forward, Step right next to left, Point left toes to left side  
3&4 Kick left foot forward, Step left next to right, Point right toes to right side  
5-6 Rock back on right, Recover on left  
7-8 Point right toes to right side, 1/4 Right (weight stays on left, right toes pointed forward)

**Option counts 7-8: Heel grind 1/4 right**

**S4: ROCK BACK, RECOVER, POINT, 1/4 RIGHT, ROCK BACK, RECOVER, KICK & POINT, TOGETHER**

1-2 Rock back on right, Recover on left  
3-4 Point right toes to right side, 1/4 Right (weight stays on left, right toes pointed forward)

**Option counts 3-4: Heel grind 1/4 right**

5-6 Rock back on right, Recover on left  
7&8&& Kick right foot forward, Step right next to left, Point left toes to left side, Step left next to right

**S5: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, UNWIND FULL LEFT, SIDE ROCK, RECOVER, KI K BALL**

1-2 Rock out to right side, Recover on left  
3&4 Step right behind left, Step left to left side, Cross step right over left  
5 Unwind full left ( weight on right)  
6-7 Rock out to left side, Recover on right  
8& Kick left foot forward, Step left next to right

**Contact:** [nathan.gardiner1998@hotmail.co.uk](mailto:nathan.gardiner1998@hotmail.co.uk)