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Pina Colada (In Bed)

28 count, 4 wall, Intermediate level

Choreographer : Johann Olafsson (Iceland) Nov 1998

Choreographed to : Two Pina Coladas by Garth Brooks (102 bpm)

Section 1:

- 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.

Section 2:

- 1-2. Step forward on left foot and turn 1/2 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 1/2 turn to left.
- 7&8. Shuffle on right foot and turn 1/2 turn to left. (now we are backing the wall we were facing at the start)

Section 3:

- 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.

Section 4:

- 1. Turn 1/4 to right on right foot and tap left foot on the toe to the side.
- &2. Clap the hands twice
- 3. Turn 1/4 to right on right foot and tap left foot on the toe to the side.
- &4. Clap the hands twice

To start again: turn 1/4 to right on right foot and rock forward on left foot.

This dance was created in bed going to sleep and danced the next day.