

Cola

Linus Backstrom

Type: : 32 count, 4 wall Cha Cha (8 Count Tag)
 Level: : Novice/Intermediate
 Music : 'Sweet Like Cola' by Lou Bega
 Start facing: : 12:00, Tag after 9th and 10th wall

SIDE, ROCK BACK, RECOVER, LOCK STEP FORWARD, ROCK FORWARD, RECOVER, SWEP, SAILOR STEP

- 1 LF step to left side
- 2 RF rock back
- 3 LF recover
- 4 RF step forward
- & LF lock behind RF
- 5 RF step forward
- 6 LF rock forward
- 7 RF recover whilst sweeping LF front to back
- 8 LF step behind RF
- & RF step small step to Right side
- 1 LF step to left side with left hip motion

HIPS, CHEST POP, ROCK FORWARD, TOGETHER, BUM PUSH

- 2 Finish hip motion
- 3 RF weight transfer with right hip motion
- 4 LF step next to RF
- & Chest pop
- 5 Finish chest pop
- 6 LF rock fwd
- 7 RF recover
- 8 LF close feet next to RF
- 1 Push bum back

CROSS, OUT, POINT, STEP, POINT, LOCK STEP BACK, STEP, STEP

- 2 RF step diagonally fwd across LF (10:30)
- & LF step next to RF
- 3 RF point diagonally fwd (1:30)
- 4 RF step to side (face 12:00)
- 5 LF point diagonally fwd (10:30)
- 6 LF step diagonally back (4:30)
- & RF lock across LF
- 7 LF step diagonally back (4:30)
- 8 RF walk back (4:30)
- 1 LF walk back (4:30)

SLOW ROCK, SLOW RECOVER, CROSS MAMBO, SIDE, SAILOR ¼ TURN

- 2 RF start rock back with hip motion (4:30)
- 3 RF finish hip motion
- 4 LF start recover with hip motion
- 5 LF finish hip motion
- 6 RF step across
- & LF recover back
- 7 RF step to side (face 12:00)
- 8 LF step diagonally back
- & RF close feet ¼ turn to right

TAG

½ TURN RIGHT WITH HIPROLL, TOGETHER X3, SHAKE

- 1 LF ¼ turn right step to left with hip roll
- 2 RF step together
- 3 LF ¼ turn right step to left with hip roll
- 4 RF step together
- 5 LF step to left with hip roll
- 6 RF step together
- 7 "Shake" shoulders back and forward
- & "Shake" shoulders back and forward
- 8 "Shake" shoulders back and forward
- & "Shake" shoulders back and forward