

Cocoa Puffs

32 count, 4 wall, Intermediate level

Choreographer: Zac Detweiller (USA) Sep 05

Choreographed to: My Humps by Black Eyed Peas,

CD: Monkey Business; Lose Control by Missy Elliott

Intro/Count In:16

Walk, Walk, Out, Out, Hold, Right Sailor step, Left Kick, Out, Out

1,2 Walk forward Right, Left

&3 Step Right foot out to right side, Step Left foot to Left Side

4 Hold

5&6 Step right foot behind Left, Step Left foot to left, Step right foot forward

7&8 Kick Left foot forward, Step Left foot to left, Step right foot to right

Side step, Hold, Shrug, Shrug, Side Step, Hold, Right ¼ Sailor Step

&1 Step left foot beside right, Step right foot to right keeping feet shoulder width apart

2 Hold

&3&4 Shrug shoulders up, bring shoulders down, Shrug shoulders up, down again

&5 Step right foot beside Left, step Left to left side, keeping feet shoulder width apart

6 Hold

7&8 Step right foot behind left, making ¼ turn right step left foot to left, step right foot to right side

Out, Out, Look, Thrust/bump, Body Roll, Right ¼ Sailor Step

& Step left foot to left side raising right hand above forehead with palm facing out,

1 Step right foot to right side (shoulder width apart) raising left hand beside right

2 Look to left holding current position

3&4 Thrust hips forward, Return Centre, Thrust forward (option: hip bumps RLR)

5&6 Body roll, downwards, (option: hip bumps LRL)

7&8 Step right foot to right, making ¼ turn right step left foot to left, step right foot to right side

Walk, Walk, Rock, Recover ½ Left, ¼ Rock and Cross, Point, Point

1,2 Walk forward Left, walk forward Right (facing 6:00)

3&4 Rock forward onto Left foot, Recover onto Right, make ½ turn to left stepping forward

5&6 Rock right foot to right making a ¼ turn to left, recover weight to left, step right foot across in front of left

7&8 Point left foot to left side, Step left beside right, Point right foot to right side (facing 9:00)

Repeat and enjoy