

Sweet Like Cola

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Imma Grobbelaar (Sept 2013)

Music: "Sweet Like Cola" by Lou Bega

Intro: 16 count intro from first beat in music - Start with weight on L foot - (No Tags No Restarts)

[1 - 8] ROCK FORWARD R, ROCK SIDE R, R BEHIND SIDE CROSS, ROCK FORWARD L, BACK LOCK STEP WITH L -

- 1&2&** Rock forward on Right (1); Recover on Left (&); Rock Right to Right Side (2); Recover on Left (&)
- 3&4** Cross Right behind Left (3); Step Left to Left Side (&); Step Right Over Left (4)
- 5,6** Rock Forward on Left (5); Recover on Right (6)
- 7&8** Step back on Left (7); Lock Right over Left (&); Step back on Left (8)

[9 - 16] ROCK BACK R, FORWARD LOCK STEP WITH R, ROCK SIDE L, TRIPLE STEP -

- 1,2** Rock back with Right (1); Recover on Left (2)
- 3&4** Step Forward Right (3); Lock Left behind Right (&); Step Right Forward (4)
- 5,6** Rock Left to Left (5); Recover Right (6)
- 7&8** Triple step Left (7); Right (&); Left (8)

[17 - 24] ROCK SIDE R, TRIPLE STEP; ROCK FORWARD L, L COASTER STEP

- 1,2** Rock right to Right (1); Recover on Left (2)
- 3&4** Triple step Right (3); Left (&); Right (4)
- 5,6** Rock forward on Left (5); Recover on Right (6)
- 7&8** Coaster step on Left (Step back on Left (7); Step Right next to Left (&); Step forward on Left (8)

[25 - 32] R HEEL GRIND; QUARTER TURN R; R COASTER STEP; ROCK SIDE L; TRIPLE STEP -

- 1,2** Heel grind (Dig Right heel forward and push into floor) (1); make Quarter turn Right and recover weight back onto Left (2)
- 3&4** Coaster step (Step back on Right (3) Step Left next to Right (&) Step forward on Right (4))

5,6 Rock Left to Left side (5); Recover on Right (6)

7&8 Triple step (Left (7) Right (&) Left (8))

START NEXT WALL

Enjoy xx

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=94489