

Polka Mädel's

Count: 32

Wand: 4

Ebene: Beginner Polka

Choreograf/in: Lilly Lee (TW), Linda Yu (TW) & Karen Lee (TW) - January 2022

Musik: Bayernmädel's - Twinnies



Intro: 8 Counts, *1 Restarts.

S1 : Brush, Hook, Triple (2 Times)

1-2, 3&4 Brush RF Forward , Hook RF over LF, Step RF Forward, LF Together(&), Step RF In Place
5-6, 7&8 Brush LF Forward , Hook LF over RF, Step LF Forward, RF Together(&), Step LF In Place

S2 : Jazz Box, Pivot 1/4 Turn Left, Stomp x3

1-4, Step RF Forward, Back LF In Place, Step RF to R side. Step LF Forward,
5-6 Step RF Forward, Pivot 1/4 Turn L
7&8 Stomp In Place : RF, LF(&), RF (weight L)

**** Restart : On Wall 9, after 16C than restart,**

S3 : Heel, Touch, Heel, Hook, Syncopated Chasse

1-4, Angle Forward RF Heel Touch, Cross RF over LF Toe Touch, Angle Forward RF Heel
 Touch, Hook RF over LF
5&6&7&8 Step RF To R Side, Step LF Beside to RF (&), Step RF Side, Step LF Beside to RF (&), Step
 RF Side, Step LF Beside to RF (&), Step RF Side..... (non- Chasse option: ½ Volta Turn over
 Right)

S4 : Heel, Touch, Heel, Hook, Syncopated Chasse

1-4, Angle Forward LF Heel Touch, Cross LF over RF Toe Touch, Angle Forward LF Heel Touch,
 Hook LF over RF
5&6&7&8 Step LF To L Side, Step RF Beside to LF (&), Step LF Side, Step RF Beside to LF (&), Step
 LF Side, Step RF Beside to LF (&), Step LF Side.... (non- Chasse option: ½ Volta Turn over
 Left)

REPEAT

Enjoy and happy dancing

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