

# Polka Mädels

Count: 32

Wand: 4

Ebene: Beginner Polka

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

Musik: Bayernmädels - 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 .....

Contact :

Lilly Lee : [lillylee0825@gmail.com](mailto:lillylee0825@gmail.com)

Linda Yu : [hueilin52@gmail.com](mailto:hueilin52@gmail.com)

Karen Lee : [karenlee778@gmail.com](mailto:karenlee778@gmail.com)

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