

Cajun Polka

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Jim Krohe (USA)

Musik: Cajun Fiddle - Jimmy Sturr



RIGHT TRIPLE IN PLACE, LEFT TRIPLE IN PLACE, RIGHT BACK SHUFFLE, LEFT BACK SHUFFLE

- 1&2 Triple step in place on right, left, right
3&4 Triple step in place on left, right, left
5&6 Shuffle back on right, left, right
7&8 Shuffle back on left, right, left

KICK BALL STEP, KICK BALL STEP, HEEL ROCK, RIGHT ½ TURN

- 9&10 Kick forward with right, step on ball of right foot beside left, step forward on left
11&12 Kick forward with right, step on ball of right foot beside left, step forward on left
13-14 Rock forward on right heel, recover on left
15-16 Step back on right and turn right ½ turn, step forward on left

RIGHT FORWARD SHUFFLE, HEEL ROCK, LEFT BACK SHUFFLE, RIGHT ½ TURN

- 17&18 Shuffle forward on right, left, right
19-20 Rock forward on left heel, recover on right
21&22 Shuffle back on left, right, left
23-24 Step back on right and turn right ½ turn, step forward on left

RIGHT FORWARD SHUFFLE, HEEL ROCK, STOMP, STOMP, SWIVEL LEFT ¼ TURN

- 25&26 Shuffle forward on right, left, right
27-28 Rock forward on left heel, recover on right
29-30 Stomp on left beside right, stomp on right beside left
31-32 Swivel both heels left, swivel both heels right and turn left ¼ turn and shift weight to left

REPEAT
