

Sufriendo

Count: 32

Wand: 4

Ebene: Improver Polka

Choreograf/in: Marie Sørensen (TUR) - January 2010

Musik: Sufriendo y Penando - Tobias Rene



Intro: 34 Counts

Chasse right, back rock, Chasse left back rock

- 1 & 2 Step right to right side, step left beside right, step right to right side
- 3 – 4 Rock back left, recover
- 5 & 6 Step left to left side, step right beside left, step left to left side
- 7 – 8 Rock back right, recover

Heel switches x 4(moving forward), Rock, recover, ½ turn shuffle

- 1 & 2 & Tap right heel Fwd. step right in place, Tap left heel Fwd. step left in place (moving forward),
- 3 & 4 & Tap right heel Fwd. step right in place, Tap left heel Fwd. step left in place (moving forward),
- 5 – 6 Rock Fwd. right, recover
- 7 & 8 Make ¼ turn right, step right to right side, step left beside right, make 1/4 turn right, step fwd. right

Chasse left, (Chasse box)Chasse ¼ turn right, Chasse ¼ turn left, Chasse ¼ turn right

- 1 & 2 Step left to left side, step right beside left, step left to left side – (6 O`clock)
- 3 & 4 ¼ turn right, step right to right side, step left beside right, step right to right side – (9 O`clock)
- 5 & 6 ¼ turn right, step left to left side, step right beside left, step left to left side (12 O`clock)
- 7 & 8 ¼ turn right, Step right to right side, step left beside right, step right to right side (3 O`clock)

Kick Ball Change left x 2, Rock, recover, Coaster step

- 1 & 2 Kick left Fwd. Step left in place, Step right beside left
- 3 & 4 Kick left Fwd. Step left in place, Step right beside left
- 5 & 6 Rock Fwd. left, recover
- 7 & 8 Step left back, step right beside left. Step left Fwd.

Tag on wall 6 after 16 Count (Facing 9 O`Clock)

Step Fwd. left, Hold

Then restart

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