

# Stuck in Polka

Count: 32

Wand: 4

Ebene: Newcomer / Novice

Choreograf/in: Kevin Stouthandel (NL) - December 2010

Musik: Stuck - Caro Emerald



**Info: Start dance after 32 counts when you hear the beat**

## **Coaster cross Shuffle with 1/4 Turn R, Cross Shuffle R, 1/4 Turn L with Rock step L, Shuffle 1/2 Turn L**

- 1 RF Step backwards
- & LF Step next to RF
- 2 RF Turn  $\frac{1}{4}$  to the right, cross over LF
- & LF Step slightly to the left
- 3 RF Cross over LF
- & LF Step slightly to the left
- 4 RF Cross over LF
- 5 LF Turn  $\frac{1}{4}$  to the left, step forward
- 6 RF Recover weight
- 7 LF Turn  $\frac{1}{4}$  to the left, step to the left side
- & RF Step next to LF
- 8 LF Turn  $\frac{1}{4}$  to the left, step forward

## **Touch R, Hitch R with 1/2 Turn L, Step back R, Coaster step L, Chasse R & 1/4 Turn R with Heel grind R**

- 1 RF Touch toe next to LF
- & RF Turn  $\frac{1}{2}$  to the left, hitch knee
- 2 RF Step backwards
- 3 LF Step backwards
- & RF Step next to LF
- 4 LF Step forward
- 5 RF Step to the right side
- & LF Step next to RF
- 6 RF Step to the right side
- & LF Step next to RF
- 7 RF Heel grind, turn  $\frac{1}{4}$  to the right,
- 8 LF Step backward

## **Shuffle 1/2 Turn R, 1/4 Turn R, Big Step Side L, Drag R, Sailor step R, Behind L, Side R, Cross L**

- 1 RF Turn  $\frac{1}{4}$  to the right, step to the right side
- & LF Step next to RF
- 2 RF Turn  $\frac{1}{4}$  to the right, step forward
- 3 LF Turn  $\frac{1}{4}$  to the right, step to the left side
- 4 RF Drag next to LF
- 5 RF Cross behind LF
- & LF Step slightly to the left side
- 6 RF Step slightly to the right side
- 7 LF Cross behind RF
- & RF Step to the right side
- 8 LF Cross over RF

## **Side Rock R with 1/4 Turn R, Shuffle 1/2 Turn R, Rock step L & Rock step R**

- 1 RF Step to the right side
- 2 LF Recover weight, turn  $\frac{1}{4}$  to the right side
- 3 RF Turn  $\frac{1}{4}$  to the right, step to the right side

& LF Step next to RF  
4 RF Turn  $\frac{1}{4}$  to the right, step forward  
5 LF Step forward  
6 RF Recover weight  
& LF Step next to RF  
7 RF Step forward  
8 LF Recover weight

**Start Again**

**Restart in wall 5 & 10 after 16 counts**

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