

# I Sing a Polka

**COPPER** **NOB**  
BY STEPHEN

Count: 32

Wand: 1

Ebene: Beginner Polka

Choreograf/in: Karen Tripp (CAN) - June 2014

Musik: I sing a Liad für dich - DJ Alpi : (Album: Après Fox 2012 - 3:11)



**32-count wait, weight on left, right foot free**

## **2 POLKA STEPS FORWARD (RIGHT, LEFT), ROCK FORWARD, RECOVER, RIGHT ½ TURN SHUFFLE**

- 1&2 Shuffle forward stepping right, left, right
- 3&4 Shuffle forward stepping left, right, left
- 5-6 Rock forward on right, recover on left
- 7&8 Turn ¼ right and step right, close left to right, turn ¼ right and step right

## **2 POLKA STEPS FORWARD (LEFT, RIGHT), ROCK FORWARD, RECOVER, COASTER STEP**

- 9&10 Shuffle forward stepping left, right, left
- 11&12 Shuffle forward stepping right, left, right
- 13-14 Rock forward on left, recover on right
- 15&16 Step back on left, close right to left, step forward left

## **RIGHT HEEL GRIND ¼ RIGHT (keep wt on left), RT COASTER STEP, PADDLE TURN, CROSSING SHUFFLE**

- 17-18 Stomp on right heel slightly forward turning toes in, swivel toes to the right as you turn the body right ¼, keeping weight on the left
- 19&20 Step back on right, close left to right, step forward on right
- 21-22 Step forward on left, turn ¼ right and step on right
- 23&24 Cross shuffle stepping left, right, left

## **4-COUNT VINE, SWAY RIGHT, LEFT, RIGHT, LEFT**

- 25-26 Step side on right, cross left behind
- 27-28 Step side on right, cross left over right
- 29-30 Sway with weight right, left
- 31-32 Sway with weight right, left

Choreographer: Karen Tripp - Cranbrook, British Columbia - Email: [karen@trippcentral.ca](mailto:karen@trippcentral.ca) □