

Crazy Polka

Compte: 32

Mur: 4

Niveau: Beginner / Improver - Polka

Chorégraphe: Séverine Fillion (FR) - July 2024

Musique: Tie Me to the Tracks - Raynes



Intro : 32 counts

[1-8] SIDE TRIPLE STEP, BACK ROCK, LEFT VINE 1/4 TURN LEFT, STOMP-UP

1&2 Triple step right – left – right to right side
3-4 Rock back on left, recover on right
5-7 Left to left, right cross behind left, 1/4 turn left stepping left fwd 9:00
8 Stomp-up right next to left

[9-16] KICK FWD, KICK SIDE, COASTER STEP, KICK FWD, KICK SIDE, SAILOR 1/4 TURN LEFT

1-2 Kick right fwd, Kick right to right side
3&4 Right step back, left next to right, right step fwd
5-6 Kick left fwd, Kick left to left side
7&8 Left cross behind right, 1/4 turn left stepping right to right, left fwd 6:00

[17-24] WALK, WALK, TRIPLE STEP FWD, ROCK FWD, 1/2 TURN LEFT & TRIPLE STEP FWD

1-2 Walk fwd on right, walk fwd on left
3&4 Triple step right – left – right fwd
5-6 Rock step left fwd, recover on right
7&8 1/2 turn left and Triple step left – right -left fwd 12:00

[25-32] STOMP, CLAP, STOMP, CLAP, 1/4 TURN LEFT & SIDE, HEEL TAP, SIDE, HEEL TAP

1-4 Stomp right fwd, Clap, Stomp left fwd, Clap
5 1/4 turn left stepping right to right by bending the knees (right hand on hat) 9:00
6 Tap left heel diagonally left fwd (Left hand up)
7 Left to left by bending the knees (right hand on hat)
8 Tap right heel diagonally right fwd (Left hand up)

BREAK : On wall 10 (at 2m 09 on the music), dance the first 16 counts.

Replace the 1/4 turn sailor with a 1/2 turn sailor to finish at 12:00 ...

The music stops ...

The music restarts, for 16 counts : Each dancer will have to change places, moving freely around the dance floor ... After these 16 counts of 'free style', dance again the choreography from the beginning at 12:00 until the end of the music.

ENJOY & HAVE FUN !!