

# Swedish Polka

Compte: 32

Mur: 2

Niveau: Beginner

Chorégraphe: Stella Wilden (UK) & Linda Roberts (UK)

Musique: I Was Made For Lovin' You - Anastacia



## KICK FORWARD, SIDE, SAILOR STEP, SHUFFLE FORWARD LEFT, SHUFFLE FORWARD RIGHT

- 1 Right kick forward
- 2 Right kick to right side
- 3 Step right back and diagonally left
- & Left step to left side
- 4 Right step in place
- 5&6 Left, right, left shuffle forward
- 7&8 Right, left, right shuffle forward

## KICK FORWARD, SIDE, SAILOR STEP. SHUFFLE BACK RIGHT, SHUFFLE BACK LEFT

- 1 Left kick forward
- 2 Left kick to left side
- 3 Step left back and diagonally right
- & Right step to right side
- 4 Left step in place
- 5&6 Right, left, right shuffle backward
- 7&8 Left, right, left shuffle backward

## STEP FORWARD ½ TURN LEFT, ROCK RIGHT, RECOVER. SKIP BACK RIGHT, LEFT, RIGHT, LEFT

- 1 Step right forward
- 2 Left ½ turn to left ending with weight on left foot
- 3 Step right forward
- 4 Left replace weight onto left foot
- & Left skip back
- 5 Right step right foot back
- & Right skip back
- 6 Left step left foot back
- & Left skip back
- 7 Right step right foot back
- & Right skip back
- 8 Left step left foot back

## RIGHT ROCK FORWARD RIGHT, REPLACE, SHUFFLE, RIGHT, LEFT, RIGHT. LEFT ROCK FORWARD LEFT, REPLACE, SHUFFLE FORWARD LEFT, RIGHT, LEFT

- 1 Right step forward on a diagonal
- 2 Left replace weight onto left foot
- 3&4 Right, left, right shuffle forward diagonally right.
- 5 Left step forward on a diagonal
- 6 Right replace weight onto right foot
- 7&8 Left, right, left shuffle forward diagonally left at the end pivot to face 6:00

## REPEAT

## VARIATIONS

On the 3rd section steps &5, &6, &7, &8 can be simplified to

- 5 Step right back

- 6 Step left back
- 7 Step right back
- 8 Step left back

**Try turning the skips back a full turn over the beats of the above section.**  
**Try doing Roger Rabbits back over the beats of the above section.**

---