

Alpen Polka

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Trent Cummings (USA) & Mary Cummings (USA)

Musique: Never Stop The Alpen Pop - D.J. Otzi



Dance begins after they count 1-2-3-4 in German

3 HEEL TAPS, HEEL HOOK, 2 POLKA STEPS FORWARD

- 1-3 Tap right heel forward 3 times
- 4 Hook right foot in front of left
- 5&6 Triple forward right-left-right
- 7&8 Triple forward left-right-left

TURNING JAZZ BOX, 2 POLKA STEPS FORWARD

- 9-10 Cross right foot over left, turn $\frac{1}{4}$ turn left while stepping back on left foot
- 11-12 Step slightly to the right on right foot, bring left foot together with the right (putting weight on it)
- 13&14 Triple forward right-left-right
- 15&16 Triple forward left-right-left

STOMP, STOMP, DOWN, UP, POLKA BACK, COASTER STEP

- 17-18 Stomp right foot in place, stomp left foot in place
- 19-20 While bending both knees move body down, then straighten back up

While doing steps 19-20, place hands on waist.

- 21&22 Triple backward right-left-right
- 23&24 Step back on left foot, bring right foot together with left, step forward on left foot

TURNING JAZZ BOX, STOMP, STOMP, CLAP, CLAP, CLAP

- 25-26 Cross right foot over left, turn $\frac{1}{4}$ turn left while stepping back on left foot
- 27-28 Step slightly to the right on right foot, bring left foot together with the right (putting weight on it)
- 29-30 Stomp right foot in place, stomp left foot in place
- 31-32 Hold and clap hands 3 times

REPEAT
