

Sweetheart Polka

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Chatti the Valley (ES) - April 2015
音乐: I Want To Be a Cowboy's Sweetheart - LeAnn Rimes



Intro: 16 - Bpm: 128

[1-8]: Right & Left Diagonal SHUFFLES, Left STEP TURN, Right SHUFFLE.

1 Step right forward diagonal to right side
&
2 Step left beside right foot
3 Step right forward diagonal to right side
4 Step left forward diagonal to left side
&
5 Step right beside left foot
6 Step left forward diagonal to left side
7 Step right forward
8 Step left forward, beside right foot
9 Step right forward

[9-16]: Left CHASSE, ¼ TURN Right CHASSE, Left ROCK STEP, COASTER STEP.

1 Step left to left side
&
2 Step right beside left foot
3 Step left to left side
4 ¼ turn right, step right to right side (9:00)
&
5 Step left beside right foot
6 Step right to right side
7 Step left forward
8 Recover weight on right foot
9 Step left back
10 Step right back, beside left foot
11 Step left forward

[17-24]: Right & Left HEEL SWITCHES, Right & Left POINT SWITCHES, Left SAILOR STEP, Right BEHIND, SIDE, CROSS.

1 Touch right Heel forward
&
2 Step right beside left foot
3 Touch left heel forward
&
4 Step left beside right foot
5 Touch right toe to right side
&
6 Step right beside left foot
7 Touch left toe to left side
&
8 Step left behind right foot
9 Step right to right side
10 Step left to left side
11 Step right behind left foot
12 Step left to left side
13 Cross right over left foot

[25-32]: Left Side ROCK STEP, Left BEHIND, SIDE, CROSS, Right SHUFFLE ½ TURN, Left COASTER STEP.

1 Step left to left side

- 2 Recover weight on right foot
- 3 Step left behind right foot
- & Step right to right side
- 4 Cross left over right foot
- 5 ¼ turn left, step right to right side
- & Step left beside right foot
- 6 ¼ turn left, step right back (3:00)
- 7 Step left back
- & Step right back, beside left foot
- 8 Step left forward

START AGAIN

Contact: nupican@hotmail.com
