

# Good Morning Polka

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver Polka  
编舞者: Robert Hahn (DE) - August 2014  
音乐: We Only Live Once - Shannon Noll



Note: □ Start after 8 count intro, on lead vocals - No tags, no restarts!

## [1-8] Rock Step, Shuffles Back, Back Rock

1-2            Step right forward, recover weight back onto left  
3&4           Step right back, step left next to right, step right back  
5&6           Step left back, step right next to left, step left back  
7-8           Step right back, recover weight forward onto left

## [9-16] Side Rock, Behind Side Cross, ¼ Turn Left And Shuffle Forward, Full Turn Forward Left

1-2            Step right to right side, recover weight onto left  
3&4           Step right behind left, step left to left side, step right across left  
5&6           Make a ¼ left and step left forward, step right next to left, step left forward  
7-8           Make a ½ turn and step right back, make a ½ turn left and step left forward

## [17-24] Rock Step, ½ Shuffle Turns Right Back, Back Rock

1-2            Step right forward, recover weight back onto left  
3&4           Make a ¼ right and step right to right side, step left next to right, make a ¼ turn right and step right forward  
5&6           Make a ¼ turn right and step left to left side, step right next to left, make a ¼ turn right and step left back  
7-8           Step right back, recover weight forward onto left

## [25-32] Side Rock, ¼ Sailor Turn Right, ¼ Turn Left And Shuffle Forward, Step, ½ Turn Left

1-2            Step right to right side, recover weight onto left  
3&4           Make a ¼ turn right and step right behind left, step left to left side, step right slightly forward to right diagonal  
5&6           Make a ¼ turn left and step left forward, step right next to right, step left forward  
7-8           Step right forward, make a ½ turn left (weight on left)

... Start again

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