

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
