

Cowgirl Polka

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner Polka
编舞者: Pat Newell (USA) - June 2012
音乐: I Want to Be a Cowboy's Sweetheart - Suzy Bogguss



Senior Dancing Series

Tip: Count on all sections is 1,2 3&4 5,6,7&8

HEEL HOOK, TRIPLE RIGHT AND LEFT HEEL HOOK TRIPLE LEFT

1, 2 3&4 R heel fwd, hook over L, triple R,L,R
5, 6 7&8 L heel fwd, hook over R, triple L, R, L

VINE RIGHT, TRIPLE, VINE LEFT TRIPLE TO ¼ L

1,2 3&4 Step R to R, L behind R, triple R,L,R
5,6 7&8 Step L to L, R behind L, turn ¼ L, triple L, R, L (9:00)

ROCK RIGHT OVER LEFT, TRIPLE, ROCK LEFT OVER RIGHT, TRIPLE

1,2 3&4 Rock R over L, recover on L, triple R,L,R
5,6 7&8 Rock L over R, recover on R, triple L,R,L

ROCK FORWARD ON R, RECOVER, 1/2 TURN RIGHT TRIPLE, ROCK RECOVER COASTER

1,2 3&4 Rock R forward, recover on L, (starting the 1/2 R turn) 1/2 turn R, triple step (3:00)
5,6 7&8 Rock L forward, recover on R, step back on L, step R together with L, step L fwd

Begin Again

NO TAGS, NO RESTARTS

DANCE FOR THE HEALTH OF IT ☐

Last Update - 27th June 2016
