

I Found

拍数: 48 墙数: 4 级数: Intermediate Polka
编舞者: Luigi Silvestri (CH) - August 2016
音乐: Found - Dan Davidson



Dance begins immediately on vocal.

[1-8] Rock FWD R, Triple Full Turn R, Rock FWD L, Coaster Cross

1, 2 Rock forward on right, recover on left
3&4 Triple Full Turn right stepping right left right
5, 6 Rock forward on left, recover on right
7&8 Step back on left, Step right next to left, Cross right over left

[9-16] Heel Jack R, Heel Jack L, Step L FWD

1,2& Step right to right side, cross left behind right, touch left heel forward
3&4 Step left next to right, cross right over left
5,6& Step left to left side, cross right behind left, Step left to left side
7&8 touch right heel forward Step right next to left, step forward on left

Restart 2: Wall 2,4,6,7 & 10

[17-24] Rock FWD R, Shuffle ½ Turn R, Shuffle ½ R, Shuffle ½ Turn R

1, 2 Rock forward on right, recover on left
3&4 ½ Turn right stepping, right left right
5&6 ½ Turn right stepping, left right left
7&8 ½ Turn right stepping, right left right

[25-32] Step Twist Twist, Sailor ¾ Turn, Side Rock, Cross and Heel

1&2 Step forward on left, twist both heel to left, twist both heel to right back to centre
3&4 Cross left behind right ¾ left stepping left right left
5, 6 Rock right to right side, recover on left
7&8 Cross right over left, step left to left side, touch right heel forward

Restart 1: Wall 1,3 & 9

[33-40] Shuffle FWD R, Step ½ turn R, ¼ Chasse L, Behind Side Cross

1&2 Step forward on right, step left behind right, step forward on right
3, 4 Step forward on left ½ turn on right
5&6 ¼ Turn to left side, step left of left side, step right beside left, step left to left side
7&8 Cross right behind left, step left to left side, cross right over left

[41-48] Side Rock, Sailor ¼ turn L, Kick Ball Step, Kick Ball Step

1, 2 Rock left to left side, recover on right
3&4 Cross left behind right, ¼ turn left, step right to right, step forward on left
5&6 Kick right forward, step right ball next to left, step left forward
7&8 Kick right forward, step right ball next to left, step left forward

Restart 1: After 32 Counts on Wall 1,3 & 9

Restart 2: After 16 Counts on Wall 2,4,6,7 & 10

Happy Dancing:

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Last Update: 25 Mar 2024

