

# Polkachien

拍数: 32

墙数: 1

级数: Beginner - Contra dance, in circle,  
Mixer,

编舞者: Séverine Fillion (FR) - March 2017

音乐: Polkachien - Celkilt : (Album: Everyday's St Patrick's Day!)



Intro : 16 counts

Starting position: 2 lines in circle face to face. Join hands palms against palms at shoulder - high on sides.

## [1-8] SIDE POINT, HOLD, SWITCH SIDE POINT, HOLD, HEEL SWITCHES, CLAP CLAP

1-2 Touch right toe to right side, Hold  
& Right next to left  
3-4 Touch left toe to left side, Hold  
& Left next to right  
5&6 Touch right heel fwd, right next to left, touch left heel fwd  
&7 Left next to right, touch right heel fwd  
&8 Clap - Clap

## [9-16] HEEL, HOOK, TRIPLE STEP FWD (RIGHT & LEFT)

The 2 lines get closer to be faced (close)

1-2 Tap right heel fwd, right Hook (right heel cross over left leg)  
3&4 Triple step right – left – right fwd  
5-6 Tap left heel fwd, left Hook (left heel cross over right leg)  
7&8 Triple step left – right – left fwd

## [17-24] FULL TURN RIGHT BY WALKING AROUND

Walk 8 counts in circle around your facing partner arm in arm (right arm) and return to your place ( Leave arms on the last 2 steps)

Option : Make 4 Triple step instead of the 8 steps!

## [25-32] JUMP BACK OUT, CLAP, JUMP BACK OUT, CLAP, SIDE STEP TO RIGHT x 2

&1-2 Little jump backward OUT OUT, Clap (2)  
&3-4 Little jump backward OUT OUT, Clap (4)  
5-6 Right step to the right, left next to right  
7-8 Right step to the right, left next to right

You take back your starting position, palms against palms on sides!

And you find yourself with a new partner in front of you!

Start again and ENJOY!

At 2m18 of the music, walks only 6 steps (instead of 8) on counts 17-22...and  
Continue on the music!