

Lass uns Polka tanzen

拍数: 96 墙数: 4
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音乐: I mog di so - voXXclub

级数: Phrased Intermediate



Sequence: A-B-C-C-Tag 1-A-B-C-1/2C-Tag 2-C-C-C

Part A: 32 counts

A1: Chasse, back-rock, side-rock, back-rock

1&2 Step Right to Right side, Step Left together, Step Right to Right side
3-4 Rock Left back, Recover weight on Right
5-6 Rock Left to Left side, Recover weight on Right
7-8 Rock Left back, Recover weight on Right

A2: Side, behind, turn, step, rock-step, coaster step, touch

1 Step Left to Left side
2&3 Cross Right behind Left, Step Left side turning $\frac{1}{4}$ left, Step Right forward
4, 5 Rock Left forward, Recover weight on Right
6&7 Step Left back, Step Right together, Step Left forward
8 Touch Right together (weight on Left)

A3: Chasse, back-rock, side-rock, back-rock

1&2 Step Right to Right side, Step Left together, Step Right to Right side
3-4 Rock Left back, Recover weight on Right
5-6 Rock Left to Left side, Recover weight on Right
7-8 Rock Left back, Recover weight on Right

A4: Side, behind, turn, step, rock-step, coaster step, together

1 Step Left to Left side
2&3 Cross Right behind Left, Step Left side turning $\frac{1}{4}$ left, Step Right forward
4, 5 Rock Left forward, Recover weight on Right
6&7 Step Left back, Step Right together, Step Left forward
8 Step Right together

Part B: 32 counts

B1: side, hold, together, side, hold, side, hold, together, side, hold

1,2 Step Left to Left side, Hold
&3, 4 Step Right together, Step Left to Left side, Hold
5, 6 Step Right to Right side, Hold
&7, 8 Step Left together, Step Right to Right side, Hold

B2: cross, back, side, hold, cross, back, 1/4 turn r, hold

1, 2 Cross Left over Right, Step Right back
3, 4 Step Left to Left side, Hold
5, 6 Cross Right over Left, Step Left back turning $\frac{1}{4}$ right
7, 8 Step Right to Right, Hold

B3: cross-rock, side, hold, cross-rock, side, hold

1, 2 Cross Left over Right, Recover weight on Right
3, 4 Step Left to Left side, Hold
5, 6 Cross Right over Left, Recover weight on Left
7, 8 Step Right to Right side, Hold

B4: Cross, hold, back, hold, 1/4 turn l, hold, touch, hold

1, 2 Cross Left over Right, Hold
3, 4 Step Right back, Hold
5, 6 Step Left side turning ¼ left, Hold
7, 8 Touch Right together (weight on Left), Hold

Part C: 32 counts

C1: Shuffle fwd 2 x, rock-step, 1/2 turn r 2 x

1&2 Step Right forward, step Left together, step Right forward
3&4 Step Left forward, step Right together, step Left forward
5, 6 Rock Right forward, Recover weight on Left
7, 8 Step Right forward, pivot ½ right, Make ½ turn right stepping back Left

C2: Back-rock, kick, together, point, together, point, cross, 1/4 turn r, side

1, 2 Rock Right back, Recover weight on Left
3&4 Kick Right forward, Step Right together, Point Left side
&5 Step Left together, Point Right side
6-8 Cross Right over Left, Step Left back turning ¼ right, Step Right to Right side

(Wall 8: Add Tag 2 and Start from Beginning of Part C)

C3: Cross, side, behind, side, cross, rocking chair

1, 2 Cross Left over Right, Step Right to Right side
3&4 Cross Left behind Right, step Right to Right side, Cross Left over Right
5, 6 Rock Right forward, Recover weight on Left
7, 8 Rock Right back, Recover weight on Left

C4: step, 1/2 turn l, step, 1/2 turn l, jazz box

1, 2 Step Right forward, pivot ½ left
3, 4 Step Right forward, pivot ½ left
5-8 Cross Right over Left, Step Left back, Step Right to Right side, Step Left forward

(Wall 4: Add Tag 1)

Tags

Tag 1: at the End of Wall 4 (after 2nd Part C)

side, hold (3 x), side, hold (3 x)

1-4 Step Right to Right, Hold for 3 Counts
7, 8 Step Left to Left, Hold for 3 Counts

Tag 2: at Wall 8 (after 16 Counts of 4th Part C)

Cross, side, behind, side, hold, side, behind, side, cross, hold

1& Cross Left over Right, Step Right to Right side
2& Cross Left behind R, Step Right to Right side
3, 4 Cross Left over Right, Hold
5& Step Right to Right side, Cross Left behind Right
6, 7 Step Right to Right side, Cross Left over Right
8 Hold

side, behind, side, cross, hold, touch

1& Step Right to Right side, Cross Left behind Right
2, 3 Step Right to Right side, Cross Left over Right
4 Hold
5-8 Touch Right diagonally (weight on Left), Hold for 3 Counts

Start again and have fun

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