

Henry

拍数: 34 墙数: 4 级数: Beginner Polka
编舞者: Alvaro Arienti (IT) - June 2018
音乐: Henry - New Riders of the Purple Sage



(1) SHUFFLE FWD, SHUFFLE BACK, ROCK STEP, SHUFFLE SIDE

1&2 step R fwd, step L beside R, step R fwd
3&4 turn ½ R & step L back, step R beside L, step L back
5-6 step R back*, recover on L*
7&8 turn ¼ L & step R to R*, step L beside R, step R to R

(2) SAILOR STEP x2, STEP TURN, SHUFFLE SIDE

1&2 step L behind R step R to R, step L diag fwd
3&4 turn ¼ R & step R behind L, step L to L, step R diag fwd
5-6 step L fwd*, turn ½ R (weight on R)*
7&8 step L to L*, step R beside L, step L to L

(3) KICK, HEEL, TOE, TOE, HEEL, FLICK, HEEL, HOOK, SHUFFLE FWD

1&2& kick R over L, recover on R, touch L heel over R, recover on L
3&4& touch R toe behind L, turn ¼ R & recover on R, turn ¼ R & touch L toe behind R, recover on L
5&6& touch R heel fwd, flick R to R, touch R heel fwd, hook R over L
7&8 step R fwd, step L beside R, step R fwd

(4) ROCK STEP, SHUFFLE SIDE, TOE, HEEL, CROSS, COASTER STEP

1-2 step L fwd, recover on R
3&4 turn ¼ L & step L to L, step R beside L, step L to L
5&6 touch R toe beside L, touch R heel beside L, cross R over L
7&8 step L back, step R beside L, step L fwd

(5) TOE TWICE

1-2 touch R toe behind left, touch R toe behind L

Repeat

* = On chorus (3rd, 5th and 8th wall) add clap

Contact: alvaro.orienti@fastwebnet.it