

Dance Party Polka

COPPER KNOB
BY STEPHEN T. C.

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Pat Newell (USA) - October 2018
音乐: Before They Take Me Away - Jimmy Sturr and His Orchestra



Senior Starter Series

Learning: Triple steps, point steps, vine, jazz box and jazz box to ¼

R HEEL FWD, TOE BACK, TRIPLE FWD, L HEEL FWD, TOE BACK TRIPLE FWD

1,2 3&4 R heel fwd, R toe Back, triple diagonally fwd R, L, R

5,6 7&8 L heel fwd, L toe back, triple diagonally fwd L, R, L

POINT STEPS MOVING BACK TO START POSITION

1-4 Point R to R, step back on R point L to L, step back on L

5-8 Point R to R, step back on R, point L to L, step back on L

VINE R TO TRIPLE, ROCK LOR TO TRIPLE LEFT

1,2 3&4 Step R to R, L behind R, triple RLR

5,6 7&8 Rock L over R, step on R, triple to L, LRL

JAZZ BOX , JAZZ BOX ¼ TURN R

1-4 Cross R over L, step back on L, step down on R, step fwd on L

5-8 Cross R over L, step back on L, step R ¼ R on ct 6, step L beside R

DANCE FOR THE HEALTH OF IT

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