

# Tyroler Polka

拍数: 32      墙数: 4      级数: Newcomer  
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音乐: Goldried Quintett: "Mei Muata und Mei Vota" (length 2:51)



Intro 32 counts, BPM 120 - No Tags, No Restarts

## Section 1: Shuffle steps forward, shuffle turn ½ left, coaster step

- 1 RF step forward (facing 12.00)
- & LF step beside RF
- 2 RF step forward
- 3 LF step forward
- & RF step beside LF
- 4 LF step forward
- 5 Turn ¼ left and step RF right (facing 09.00)
- & LF step beside RF
- 6 Turn ¼ left stepping RF back (facing 06.00)
- 7 LF step back
- & RF step beside LF
- 8 LF step forward

## Section 2: Cross rock step over LF, recover, shuffle right, cross rock step over RF, recover, shuffle left

- 1 RF cross over LF
- 2 Recover onto LF (weight on LF)
- 3 RF step right
- & LF step beside RF
- 4 RF step right
- 5 LF cross over RF
- 6 Recover onto RF (weight on RF)
- 7 LF step left
- & RF step beside LF
- 8 LF step left

## Section 3: Step turn ½ left x 2, RF step diagonally forward right and bend forward clapping your hands x 3 while you are rising up ending with LF step forward beside RF

- 1 RF step forward
- 2 Turn ½ left on ball ending with weight on LF (facing 12.00)
- 3 RF step forward
- 4 Turn ½ left on ball ending with weight on LF (facing 06.00)
- 5 RF step diagonally forward right and start bending forward
- 6 Bend forward and clap your hands
- 7 Rise slowly up and clap your hands
- 8 Rise slowly up and clap your hands and step LF beside RF

## Section 4: Shuffle steps right, turn ¼ left and do shuffle steps left, put heels forward x 3, clap your hands x 2

- 1 RF step right
- & LF step beside RF
- 2 RF step right
- 3 Turn ¼ left and step LF left (facing 03.00)
- & RF step beside LF
- 4 LF step left
- 5 RF heel forward

& RF beside LF  
6 LF heel forward  
& LF beside RF  
7 RF heel forward  
& Clap your hands  
8 Clap your hands

**Have Fun!**

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