

Hee's Polka

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner Polka
编舞者: Kyung Hee Lee (KOR) - November 2019
音乐: Ievan Polkka - Hatsune Miku



Start the dance after 32 counts

SECTION 1: (FORWARD ROCK, RECOVER, COASTER STEP) X 2

1-2 Rock RF forward, recover on LF
3&4 Step RF backward, close LF next to RF, step RF forward
5-6 Rock LF forward, recover on RF
7&8 Step LF backward, closed RF next to LF, step LF forward

SECTION 2: VINE STEP WITH HITCH, TRAVELLING TWIST L/R/L, TRAVELLING TWIST R/L/R AND HITCH

1-4 Step RF to R side, cross LF behind RF, step RF to R side, hitch LF
(Note: When you doing hitch, L hand on waist and R hand raise up over head)
5&6 Twist both heels to L, moving both toes to R, moving both heels to L
7&8 Twist both heels to R, moving both toes to L, moving both heels to R and hitch LF

SECTION 3: VINE STEP WITH HITCH, TRAVELLING TWIST R/L/R, TRAVELLING TWIST L/R/L AND 1/4 TURN TO R WITH HITCH

1-4 Step LF to L side, cross RF behind LF, step LF to L side, hitch RF
(Note: When you doing hitch, R hand on waist and L hand raise up over head)
5&6 Twist both heels to R, moving both toes to L, moving both heels to R
7&8 Twist both heels to L, moving both toes to R, moving both heels to L and 1/4 turn to R with hitch RF

SECTION 4: BACKWARD ROCK, RECOVER, FORWARD TOUCH, 1/2 TURN TO L WITH FLICK, SAMBA STEP, SAMBA STEP

1-4 Rock RF backward, recover on LF, touch RF forward, 1/2 turn to L with RF flick
5&6 Cross RF over LF, rock LF to L side, recover on RF
7&8 Cross LF over RF, rock RF to R side, recover on LF

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