

I Do Polka

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate / Advanced Polka style
编舞者: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - January 2021
音乐: I Do Thing - Kylie Frey : (iTunes etc.)



Intro: 16 counts from start of track (app. 7 secs into track). Start with weight on L foot
Sequence: 48, 48, Tag (16), 48, 48, Tag (8), 48, 48, Tag (16)

Tag: 16 counts. Described at bottom of page

Ending: Dance ends naturally to the front wall when you complete your tag the 3rd time

[1 - 8] Step ½ L, shuffle ½ L, skip R&L, L coaster step

1 - 2 Step R fwd (1), turn ½ L onto L (2) 6:00
3&4 Turn ¼ L stepping R to R side (3), step L next to R (&), turn ¼ L stepping back on R (4) 12:00
&5&6 Scoot back on R hitching L knee (&), step back on L (6), scoot back on L hitching R knee (&)
step back on R (6) 12:00
7&8 Step back on L (7), step R next to L (&), step fwd on L (8) 12:00

[9 - 16] R side rock, together, L side rock, touch L behind, unwind ½ L, out out, in in

1 - 2 Rock R to R side (1), recover on L (2) 12:00
&3 - 4 Step R next to L (&), rock L to L side (3), recover on R (4) 12:00
5 - 6 Touch L behind R (5), unwind ½ L onto L (6) 6:00
&7&8 Step R out to R side (&), step L out to L side (7), step R to centre (&), step L next to R (8)
6:00

[17 - 24] R chasse, ¼ L into L chasse, R kick cross, touch L, step L back, big step R, slide

1&2 Step R to R side (1), step L next to R (&), step R to R side (2) 6:00
3&4 Turn ¼ L on R stepping L to L side (3), step R next to L (&), step L to L side (4) 3:00
5&6& Cross kick R over L (5), step down on R (&), tap L behind R (6), step L back (&) 3:00
7 - 8 Step R a big step to R side (7), start sliding L towards R (8) 3:00

[25 - 32] ¼ R into step ½ R, ¼ R into L chasse, R cross rock, side R, point L, ¼ L flick R back

1 - 2 Turn ¼ R on R and step L fwd (1), turn ½ R onto R (2) 12:00
3&4 Turn ¼ R on R stepping L to L side (3), step R next to L (&), step L to L side (4) 3:00
5 - 6 Cross rock R over L (5), recover on L (6) 3:00
&7 - 8 Step R to R side (&), point L to L side (7), turn ¼ L onto L flicking R back (8) 12:00

[33 - 40] Fwd R, flick L & slap, back L & slap R knee, out out, jump together, R charleston step

&1&2 Step R fwd (&), flick L up behind R slapping L foot with R hand (1), step L back (&), hitch R
knee slapping knee with L hand (2) 12:00
&3 - 4 Step R out to R side (&), step L out to L side (3), jump feet together (4) 12:00
&5&6 Swivel both heels out (&), swivel heels in and point R fwd (5), swivel both heels out (&),
swivel heels in and step R back (6) 12:00
&7&8 Swivel both heels out (&), swivel both heels in and point L foot back (7), swivel both heels out
(&), swivel both heels in and step L fwd (8) 12:00

[41 - 48] Point ¼ L X 2, fwd R, hitch L, rocks with claps

1 - 2 Turn ¼ L on L pointing R to R side (1), turn ¼ L on L pointing R to R side (2) ... Option: snap
fingers out to side on each point 6:00
3 - 4 Step R fwd (3), hitch L knee (4) 6:00
5&6& Step L fwd (5), clap hands at shoulder height (&), recover back on R (6), clap hands at hip
level (&) 6:00
7&8 Rock fwd on L (7), clap hands twice at shoulder level (&8) 6:00

TAG: 16 counts/always happens at 12:00 (Note: the 2nd time you only do the first 8 counts of the tag)

[1 - 8] Step ½ turn X 2, V step

1 - 4 Step R fwd (1), turn ½ L onto L (2), step R fwd (3), turn ½ L onto L (4) 12:00

5 - 8 Step R out to R diagonal (5), step L out to L diagonal (6), step R back to centre (7), step L next to R (8) 12:00

[9 - 16] Full turn chasse box

1&2 Step R to R side (1), step L next to R (&), step R to R side (2) 12:00

3&4 Turn ¼ L on R stepping L to L side (3), step R next to L (&), step L to L side (4) 9:00

5&6 Turn ¼ L on L stepping R to R side (5), step L next to R (&), step R to R side (6) 6:00

7&8 Turn ¼ L on R stepping L to L side (7), step R next to L (&), turn ¼ L stepping L fwd (8) 12:00

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