

# Claudis Polka (Frisch und echt)

拍数: 32      墙数: 4      级数: Improver  
编舞者: Claudia Arndt (DE) - June 2021  
音乐: Frisch und echt - Florian Fesl



Start dance after the yodel intro on lyrics

## S1: (Vaudevilles:) Cross-side-heel & cross-side-heel & walk, walk, kick-ball-change

1&            Cross R over L, step L to left side  
2&            Touch right heel diagonally right forward, step R next to L  
3&            Cross L over R, step R to right side  
4&            Touch left heel diagonally left forward, step L next to R  
5-6           Step R forward, step L forward  
7&8          Kick R forward, step R next to L, step L on place

## S2: Chassé right, ¼ turn left/chassé left, ¼ turn left/chassé right, ¼ turn left stomp, stomp

1&2           Step R to right side, step L next to R, step R to right side  
3&4           Turn ¼ left and step L to left side, step R next to L, step L to left side (9:00)  
5&6           Turn ¼ left and step R to right side, step L next to R (6:00)  
7&8           Turn ¼ left and stomp L beside R, stomp R beside L (Without changing weight) (3:00)

## S3: Cross, side, cross shuffle, rock side, cross shuffle

1-2           Cross R over L, step L to left side  
3&4           Cross R over L, step L to left side, cross R over L  
5-6           Step L to left side, weight back on R  
7&8           Cross L over R, step R to right side, cross L over R

## S4: Side, together, step, pivot ¼ left 2x, kick-ball-change

1-2           Step R to right side, step L next to R  
3-4           Step R forward, turn ¼ left on both balls (weight on L) (12:00)  
5-6           Step R forward, turn ¼ left on both balls (weight on L) (9:00)  
7&8           Kick R forward, step R next to left, step L on place

Start dance from the beginning.

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