

Do It All Again

拍数: 32 墙数: 4 级数: Improver Polka
编舞者: Niels Poulsen (DK) - August 2021
音乐: Again - BEXAR



Intro: 16 counts from beginning of track. App. 8 secs. into track. Start with weight on L foot

Restart: On wall 4, starts facing 9:00. Restart happens after 16 counts, facing 12:00.
To do the restart you need to add an & count stepping down on L foot again

Ending: No specific ending needed as you will end facing 12:00 after 8 counts on wall 11 ...

[1 - 8] R&L Dorothy steps, rock R fwd, shuffle ½ R

1 - 2& Step R into R diagonal (1), lock L behind R (2), step R into R diagonal (&) 12:00
3 - 4& Step L into L diagonal (3), lock R behind L (4), step L into L diagonal (&) 12:00
5 - 6 Rock R fwd (5), recover back on L (6) 12:00
7&8 Turn ¼ R stepping R to R side (7), step L next to R (&), turn ¼ R stepping R fwd (8) 6:00

[9 - 16] Rock L fwd, recover ¼ L sweep, L coaster step, rock R fwd, & heel, clap clap

1 - 2 Rock fwd on L (1), recover on R with a ¼ L and sweeping L to L side (2) 3:00
3&4 Step back on L (3), step R next to L (&), step fwd on L (4) 3:00
5 - 6 Rock fwd on R (5), recover back on L (6) 3:00
&7&8 Step back on R (&), touch L heel fwd (7), clap twice (&8) 3:00

[17 - 24] Back L, R heel grind, ¼ R side L, R sailor step, cross side, L sailor ¼ L

&1 - 2 Step L next to R (&), step fwd on R heel (1), turn ¼ R on R heel stepping L to L side (2) 6:00
3&4 Cross R behind L (3), step L to L side (&), step R to R side (4) 6:00
5 - 6 Cross L over R (5), step R to R side (6) 6:00
7&8 Cross L behind R starting to turn ¼ L (7), finish ¼ L stepping R next to L (&), step L to L side (8) 3:00

[25 - 32] R cross, Hold, ball cross, Hold, & R jazz box, step L fwd

1 - 2 Cross R over L (1), HOLD (2) 3:00
&3 - 4 Step L to L side (&), cross R behind L (3), HOLD (4) 3:00
&5 - 8 Step L to L side (&), cross R over L (5), step back on L (6), step R to R side (7), step L fwd and slightly in front of R (8) 3:00

START AGAIN

Last Update - 31 August 2021