

On The Double

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver polka
编舞者: Kathy Hunyadi (USA)
音乐: Fall Like Rain - Eric Clapton



This dance has a "polka" feel to it. Any lively double two step or shuffle music will work!

SHUFFLE, TURN, SHUFFLE, TURN, SHUFFLE, WALK, WALK

1&2 Shuffle forward right, left, right; turn $\frac{1}{2}$ right pivoting on ball of right foot
3&4 Shuffle back left, right, left; turn $\frac{1}{2}$ right pivoting on ball of left foot (you will be turning a full turn traveling forward)
5&6 Shuffle forward right, left, right
7-8 Walk forward left, right

SAILOR SHUFFLE, $\frac{1}{4}$ TURN, SAILOR SHUFFLE, ROCK STEP, COASTER STEP

1&2 Cross left foot behind right, step slightly right on right foot, step left in place
3&4 Turning $\frac{1}{4}$ to right cross right foot behind left, step slightly left on left, step right foot in place
5-6 Rock step forward on left foot, rock back on right foot
7&8 Step back on left foot, together with right, step forward on left

SIDE SHUFFLE, $\frac{1}{2}$ TURN, SIDE SHUFFLE, KICK BALL CHANGE, $\frac{1}{4}$ TURN

1&2 Shuffle side right right-left-right; turn $\frac{1}{2}$ to right pivoting on ball of right foot
3&4 Shuffle side left left-right-left
5&6 Kick right foot forward, step on ball of right foot, step left foot in place
7-8 Step forward on right foot, turn $\frac{1}{4}$ left on ball of right foot, step left foot in place

CROSSING SHUFFLE, $\frac{1}{4}$ TURN, $\frac{1}{2}$ TURN, COASTER STEP, WALK, WALK

1&2 Cross right foot in front of left, step slightly left on left, cross right in front of left
3-4 Step $\frac{1}{4}$ to left on left foot, turn $\frac{1}{2}$ to left on ball of left foot, step back on right foot
5&6 Step back on left foot, together with right, step forward on left
7-8 Step forward on right foot, step forward on left foot

REPEAT
