

Polka Stomp

拍数: 36 墙数: 0 级数:
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音乐: What Am I Waiting For - George Strait



STOMPS, SWIVELS, TOUCH & STOMP

- 1-2 Right foot stomp in place twice
- 3-4 Swivel heels right and center
- 5-6 Swivel heels right and center (on count 6, place weight on right foot)
- 7 Left heel touch forward
- 8 Left foot stomp in place (no weight on it)

POLKA STEPS, HEEL TOUCH, STOMP

- 9&10 Polka forward-left-right-left
- 11&12 Polka forward-right-left-right
- 13&14 Polka forward-left-right-left
- 15 Right heel touch forward
- 16 Right foot stomp in place (weight on it)

HEEL TOUCHES, STOMPS, ¼ TURN, STOMPS, CLAP

- 17 Left heel touch forward
- 18 Left foot stomp in place
- 19 Left heel touch forward
- 20 Left foot stomp in place (weight on it)
- 21 Cross right over left as you make a ¼ turn to the left (uncrossing)
- 22 Stomp left in place
- 23 Stomp right in place (weight on it)
- 24 Clap hands

LEFT VINE WITH A STOMP, POLKA STEPS

- 25 Step to left on left foot
- 26 Step behind left foot with right foot
- 27 Step to left on left foot
- 28 Stomp right next to left (no weight on it)
- 29&30 Polka forward-right-left-right
- 31&32 Polka forward-left-right-left

¼ TURN, STOMP, ROCK STEP

- 33 Cross right over left as you make a ¼ turn to the left
- 34 Stomp left in place (weight on it)
- 35 Step back on right
- 36 Rock forward on left

REPEAT