

Polkaplay 101

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner polka line/contra dance
编舞者: Forty Arroyo (USA)
音乐: Jambalaya - Led Loader & The Barrels



Dedicated to the Fabulous Senior Gals at the Sturbridge Senior Center

TRIPLE SIDE RIGHT, ROCK RECOVER, TRIPLE SIDE LEFT, ROCK RECOVER

1&2 Triple side right - right-left-right
3-4 Rock back on left, recover weight on right
5&6 Triple side left - left-right-left
7-8 Rock back on right, recover weight on left

TRIPLE FORWARD RIGHT & LEFT, TRIPLE BACK RIGHT & LEFT

1&2 Triple forward right, left, right
3&4 Triple forward left, right, left
5&6 Triple back, right, left, right
7&8 Triple back, left, right, left

TRIPLES -TRAVELING TO THE RIGHT COMPLETING A FULL TURN RIGHT

1&2 Traveling to the right, triple slightly forward to right with a right, left, right while turning $\frac{1}{4}$ to right
3&4 Repeat starting with left- triple left, right, left
5&6 Repeat starting with right- triple right, left, right
7&8 Repeat starting with left- triple left, right, left (completing a full right turn)

STEP, $\frac{1}{4}$ PIVOT, STEP, $\frac{1}{4}$ PIVOT, JAZZ BOX

1-2 Step slightly forward on right, pivot $\frac{1}{4}$ turn to left
3-4 Step slightly forward on right, pivot $\frac{1}{4}$ turn to left
5-6 Cross right over left, step back slightly on left
7-8 Step side right, step left next to right

REPEAT

For some real fun, try it contra style
