

Red Staggerwing

拍数: 44 墙数: 4 级数: Improver polka
编舞者: Lizzie Clarke (SCO)
音乐: Red Staggerwing - Mark Knopfler & Emmylou Harris



TURN ¼ LEFT, SHUFFLE, TURN ¼ LEFT, SHUFFLE, ROCK RECOVER & TOUCH CLAP TWICE

- 1&2&3&4 Weight on right foot, turn ¼ left & shuffle to left side stepping left & right, left & hook right turn another ¼ left & shuffle to right side stepping right & left, right
- 5-6&7&8 Rock forward left recover right, quickly step left beside right & touch right heel forward & clap hands twice

HOOK, TURN ¼ LEFT SHUFFLE, TURN ¼ LEFT, SHUFFLE, SYNCOPATED WEAVE & STOMP

- &1&2&3&4 Hook right, turn ¼ left & shuffle to right side stepping right & left, right & hook turn ¼ left & shuffle to left side stepping left & right, left
- 5-6&7-8 Step right side, step left behind right & step right side, step left in front of right, stomp right foot to right side

SYNCOPATED WEAVE, STOMP, STEP HOLD & CLAP, STEP HOLD & CLAP

- 1-2&3-4 Step left side, step right behind left & step left side, step right in front of left, stomp left foot to left side
- 5-6&7-8 Step right to side & hold & clap & quickly step left beside right, step right to side & hold & clap

TURN ¼ SHUFFLE, ROCK RECOVER, MASHED POTATO STEPS BACK, (OR WALK BACK)

- 1&2-3-4 Turn ¼ left & shuffle forward left, & right, left, rock forward right, recover
- &5&6&7&8 Mashed potato steps back (hopefully described as follows)
- Step right foot back with heel turned slightly to the right (on &). Swivel right heel to the left (on 1) step left foot back with heel turned slightly to the left (on &). Swivel left heel to the right (on 2). Repeat above steps once more
- Alternatively, walk back right, left, right, left

SIDE SHUFFLE, CROSS ROCK RECOVER, ¼ TURN SHUFFLE, KICK BALL CROSS

- 1&2-3-4 Step right to side & step left beside right, step right to side, cross rock left over right & recover right
- 5&6-7&8 Turn ¼ left & shuffle forward, left & right, left, kick right foot diagonally right & quickly step right beside left, cross step left over right

JAZZ BOX TURNING ¼ TURN RIGHT

- 1-2-3-4 Cross step right over left, step back left, step right turning ¼ right, touch left beside right

REPEAT

Dedicated to Roger as he just loved this piece of music