

Sink Or Swim Polka

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: John Dembiec (USA)
音乐: Don't Cross The River - Garth Brooks



ROCK/RECOVER, TURNING SHUFFLE, KICKS, PIVOT, HITCH

1-2 Rock forward left, recover back to right
3&4 Making ½ turn to left, shuffle back left, right, left
5-6 Kick right forward, kick right back
7-8 While on left foot, pivot ½ turn right with a right kick, hitch right over left

SHUFFLE FORWARD, SHUFFLE SIDE (TWICE)

1&2 Shuffle forward right, left, right
3&4 Making ¼ turn right, side shuffle left, right, left
5&6 Making ¼ turn left, shuffle forward right, left, right
7&8 Making ¼ turn right, side shuffle left, right, left

ROCK/RECOVER, KICK AND CROSSES, ½ TURN PIVOT

1-2 Rock diagonally back behind with right, recover to left
3&4 Facing diagonally right, kick right, step right next to left, step left over right
5&6 Kick right, step right next to left, step left over right
7-8 Step right to right, pivoting ½ turn to right on right, step left to left

KICK AND STEP, ROCK/RECOVER, ½ TURN SHUFFLE

1&2 Facing diagonally left, kick right forward, step right next to left, step left to left
3&4 Kick right forward, step right next to left, step left to left
5-6 Rock right diagonally over left, recover to left
7&8 Turning ½ turn to right, shuffle right, left, right

SHUFFLE FORWARD, ½ TURNS WITH HITCHES, ROCK/RECOVER

1&2 Shuffle forward left, right, left
3& Step right forward, pivot ½ turn left and hitch left knee up
4& Step left back, pivot ½ turn left and hitch right knee up
5& Step right forward, pivot ½ turn left and hitch left knee up
6& Step left back, pivot ½ turn left and hitch right knee up
7-8 Rock right forward, replace back to left

BACK COASTER, TURNING TOE TOUCHES, BACK ROCK/RECOVER

1&2 Step right back, step left next to right, step right slightly forward
3& Touch left to left, step left next to right with ¼ turn to left
4& Touch right to right, step right next to left
5& Touch left to left, step left next to right with ¼ turn to left
6& Touch right to right, step right next to left
7-8 Rock back on left, replace back to right

REPEAT