

# Swedish Polka

**COPPER** **NOB**  
BY STEPHEN

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Stella Wilden (UK) & Linda Roberts (UK)  
音乐: I Was Made For Lovin' You - Anastacia



## KICK FORWARD, SIDE, SAILOR STEP, SHUFFLE FORWARD LEFT, SHUFFLE FORWARD RIGHT

1            Right kick forward  
2            Right kick to right side  
3            Step right back and diagonally left  
&  
4            Right step in place  
5&6        Left, right, left shuffle forward  
7&8        Right, left, right shuffle forward

## KICK FORWARD, SIDE, SAILOR STEP. SHUFFLE BACK RIGHT, SHUFFLE BACK LEFT

1            Left kick forward  
2            Left kick to left side  
3            Step left back and diagonally right  
&  
4            Right step to right side  
4            Left step in place  
5&6        Right, left, right shuffle backward  
7&8        Left, right, left shuffle backward

## STEP FORWARD ½ TURN LEFT, ROCK RIGHT, RECOVER. SKIP BACK RIGHT, LEFT, RIGHT, LEFT

1            Step right forward  
2            Left ½ turn to left ending with weight on left foot  
3            Step right forward  
4            Left replace weight onto left foot  
&  
5            Right step right foot back  
&  
6            Right skip back  
6            Left step left foot back  
&  
7            Left skip back  
7            Right step right foot back  
&  
8            Right skip back  
8            Left step left foot back

## RIGHT ROCK FORWARD RIGHT, REPLACE, SHUFFLE, RIGHT, LEFT, RIGHT. LEFT ROCK FORWARD LEFT, REPLACE, SHUFFLE FORWARD LEFT, RIGHT, LEFT

1            Right step forward on a diagonal  
2            Left replace weight onto left foot  
3&4        Right, left, right shuffle forward diagonally right.  
5            Left step forward on a diagonal  
6            Right replace weight onto right foot  
7&8        Left, right, left shuffle forward diagonally left at the end pivot to face 6:00

## REPEAT

## VARIATIONS

On the 3rd section steps &5, &6, &7, &8 can be simplified to

5            Step right back

- 6 Step left back
- 7 Step right back
- 8 Step left back

**Try turning the skips back a full turn over the beats of the above section.**  
**Try doing Roger Rabbits back over the beats of the above section.**

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