

Tenderfoot Polka

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 0 级数:
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音乐: Are You Gettin' Tired of Me - BR5-49



HEELS OUT-IN, TOES OUT-IN, HEELS OUT-IN-OUT, HEEL STOMPS

1-2 Heels spilt out and in
3-4 Fan toes out and in
5&6 Heels split out, in, out
7-8 Stomp heels twice, bringing them back to starting position (foot position #1)

Weight should be on left foot on count 8

TOES IN, HEEL IN, SIDE POLKA, STOMP, STOMP, SIDE POLKA

9 Right toes in (toes are at instep of left foot)
10 Right heel in (heel is at instep of left foot)
11&12 Polka to the right (right-left-right)
13-14 Stomp left foot twice
15&16 Polka to the left (left-right-left)

STEP, PIVOT, STEP, PIVOT, POLKA FORWARD, ROCK STEP

17 Step forward with right foot, keep left foot in place
18 Pivot ½ turn to the left
19 Step forward with right foot, keep left foot in place
20 Pivot ½ turn to the left
21&22 Polka forward (right-left-right)
23 Rock forward onto the left foot
24 Replace weight onto the right foot

STEP, PIVOT, STEP, PIVOT, POLKA FORWARD, STOMP, STOMP

25 Step forward with the left foot, keep right foot in place
26 Pivot ¼ turn to the right
27 Step forward with left foot, keep right in place
28 Pivot ¼ turn to the right (you should now be facing the back wall)
29&30 Polka forward (left-right-left)
31 Stomp right foot
32 Stomp left foot (distribute weight evenly on the stomps to begin the dance again)

REPEAT