

Turbo Polka

拍数: 0 墙数: 1 级数: Advanced polka
编舞者: Marcus Zeckert (DE)
音乐: Turbo Polka - Atomik Harmonik



Sequence: Intro, ABC, BAC, CCC, 4-count hold, C to the end

INTRO

SAILOR RIGHT, SAILOR LEFT, SCUFF HOP BACK, FULL TURN BACK

1&2 Step right foot behind left foot, step left foot to left side, step right foot in place
3&4 Step left foot behind right foot, step right foot to left side, step left foot in place
5&6 Scuff right foot next left foot, hop back on left foot, step right foot back
7-8 Turn $\frac{1}{2}$ to left an step left foot forward (back wall), step back on right foot with $\frac{1}{2}$ turn left (front wall)

POINTS, STEP, TURN, HOLD, SHUFFLE FORWARD, PIVOT

1&2 Point left toe to left side, step left foot next right foot, point right toe to right side
&3 Step right foot next left foot, turn on ball of right foot $\frac{1}{4}$ turn to left an lift left foot in front of right leg
4 Hold
5&6 Step left foot forward, step right foot next to left foot, step left foot forward
7-8 Step right foot forward, turn $\frac{1}{2}$ to left and step on left foot (right side wall)

SHUFFLE FORWARD TWICE, STEP, TURN, COASTER STEP

1&2 Step right foot forward, step left foot next right foot, step right foot forward
3&4 Step left foot forward, step right foot next left foot, step left foot forward
5-6 Step right foot forward, turn $\frac{1}{2}$ to left (weight on right foot)
7&8 Step left foot back, step right foot next left foot, step left foot forward (left side wall)

ROCK STEP, COASTER STEP, TURN STEP, CROSS, SIDE, CROSS, SIDE

1-2 Step right foot forward, shift weight on left foot back
3&4 Step right foot back, step left foot next right foot, step right foot forward
5&6 Step left foot to left side with $\frac{1}{4}$ turn left, cross right foot behind left foot, step left foot to left side
7-8 Cross right foot over left foot, step left foot to left side (face front wall)

PART A

The "movin' part"

KICK BALL CHANGE, SHUFFLE FORWARD, PIVOT $\frac{1}{2}$, SHUFFLE TURN

1&2 Kick ball change with right foot, weight on left foot on count 2
3&4 Step right foot forward, step left foot next right foot, step right foot forward
5-6 Step left foot forward, turn $\frac{1}{2}$ to right, weight on right foot on count 6
7&8 Step left foot to left side with $\frac{1}{4}$ turn right, step right foot next left foot, step left foot back with $\frac{1}{4}$ turn right (face front wall)

KICK BALL POINT, STEP, KICK BALL HOOK, STEP, SCUFF, HOP BACK, COASTER STEP

1&2 Kick right foot forward, step right foot next left foot, point left foot in front of right foot
& Step left foot to left side
3&4 Kick right foot forward, step right foot next left foot, point left foot in front of right foot
& Hook left foot in front of right leg
5&6 Step left foot forward, scuff right foot next left foot, hop back on left foot
7&8 Step right foot back, bring left foot ext right foot, step right foot forward

MONTEREY TURN LEFT, HEEL JACKS, WEAVE LEFT, SHUFFLE TURN

- 1-2 Point left toe to left side, turn $\frac{1}{2}$ to left and step on left foot next right foot
- &3 Step right foot diagonally back right, touch left heel forward
- &4 Step on left foot, cross right foot in front of left foot
- &5 Step left foot to left side, cross right foot left foot
- &6 Step left foot to left side, cross right foot in front of right foot
- 7&8 Step left foot back with a $\frac{1}{4}$ turn right, step right foot next left foot, step left foot back face left side wall)

ROCK STEP, FULL TURN, SHUFFLE FORWARD, FULL TURN

- 1-2 Step right foot back, shift weight on left foot
- 3-4 Turn $\frac{1}{2}$ to left an step back on right foot, turn $\frac{1}{2}$ to left an step forward on left foot, traveling forward
- 5&6 Step right foot forward, step left foot next to right foot, step right foot forward
- 7&8 Turn $\frac{1}{2}$ to right and step back on left foot, turn $\frac{1}{2}$ to right and step forward on right foot, step forward on left foot (face left side wall)

These next 8 counts are only inserted in the first Part A

ROCK STEP, CLOSE, HOLD AND SNAP FINGERS, HOP BACK, HOLD AND SNAP FINGERS, HOP BACK

- 1&2 Step left foot forward, shift weight on right foot back, close left foot next right foot
- 3 Hold and snap fingers of right hand in shoulder height
- &4 Hitch right foot and hop back on left foot, step right foot back
- &5 Hitch left foot and hop back on right foot, step left foot back
- 6 Hold and snap fingers of right hand in shoulder height
- &7 Hitch right foot and hop back on left foot, step right foot back
- &8 Hitch left foot and hop back on right foot, step left back (face left side wall)

SHUFFLE, DRAG, TOUCH, SHUFFLE, SHUFFLE

- 1&2 Step right foot back, step left next right foot, step right foot back
- 3-4 Step left foot big step back with $\frac{1}{4}$ turn right, slide right foot next left foot and touch
- 5&6 Step right foot forward, step left foot next right foot, step right foot forward
- 7&8 Step left foot forward, step right foot next left foot, step left foot forward (face left wide wall)

TURN, TOUCH, SHUFFLE, TURN, TOUCH, SHUFFLE

- 1-2 Step back on right foot with $\frac{1}{4}$ turn left, touch left toe in front of right foot (back wall)
- 3&4 Step left foot forward, step right foot next left foot, step left foot forward
- 5-6 Step back on right foot with $\frac{1}{4}$ turn left, touch left toe in front of right foot (left side wall)
- 7&8 Step left foot forward, step right foot next left foot, step left foot forward

TURN, TOUCH, SHUFFLE, OUT OUT, HOLD, IN, IN, HOLD

- 1-2 Step back on right foot with $\frac{1}{4}$ turn left, touch left toe in front of right foot (front wall)
- 3&4 Step left foot forward, step right foot next left foot, step left foot forward
- &5-6 Step right foot to right side, step left foot to left side, hold
- &7-8 Step right foot together, step left foot together, hold (front wall)

ARM MOVEMENT, SIDE MOVE, STOMP JUMP, HOLD, TWICE

- 1 Bring both arms in shoulder height to right side (left arm in angle, right arm long, hands long and flat) and look to right side
- &2 Step right to right side, close left foot next right foot, look to front during the steps, arms down
- 3 Jump in place, feet apart and land with stomps
- 4 Hold
- 5 Bring both arms in shoulder height to left side (right arm in angle, left arm long, hand s long and flat) and look to left side
- &6 Step left to left side, close right foot next left foot, look to front during these steps, arms down
- 7 Jump in place, feet apart and land with stomps

STEP, STEP, RUNNING MAN, GRIND RIGHT, COASTER STEP

- 1-2 Step right foot forward, step left foot forward
 &3 Slide back on left foot and hitch right foot, step right foot forward
 &4 Slide back on right foot and hitch left foot, step left foot forward
 5-6 Step right heel forward toe to left and move toe to right side
 7&8 Step right foot back, step left foot next right foot, step right foot back

STOMP FORWARD, STOMP BACK, OUT OUT, IN IN, HOP BACK

- 1-2 Jump with both feet together forward and land with a stomp, back the same
 &3 Step right foot to right side, step left foot to left side
 &4 Step right foot together, step left foot together
 &5 Hop back on left foot and hitch right foot, step back right foot
 &6 Hop back on right foot and hitch left foot, step back on left foot
 &7 Hop back on left foot and hitch right foot, step side right foot with $\frac{1}{4}$ turn right
 &8 Hop forward on right foot and hitch left foot, step forward left foot with $\frac{1}{4}$ turn right (back wall)

HEEL SWITCHES, PIVOT, HEEL SWITCHES, CLAP

- 1& Touch right heel forward, close right foot next left foot
 2& Touch left heel forward, close left foot next right foot
 3-4 Step right foot forward, turn $\frac{1}{2}$ to left and step left foot
 5& Touch right heel forward, close right foot next left foot
 6& Touch left heel forward, close left foot next right foot
 7 Touch right heel forward
 &8 Clap twice

SHUFFLE SIDE, ROCK STEP, SHUFFLE SIDE, ROCK STEP

- 1&2 Step right foot to right side, step left foot next right foot, step right foot to right side
 3-4 Step left foot back, shift weight on right foot
 5&6 Step left foot to left side, step right foot next left foot, step left foot to left side
 7-8 Step right foot back, shift weight on left foot

PART B**The "don't give up" part****TOUCH TURN, KICK BALL CHANGE, TOUCH TURN, KICK BALL CHANGE, SHUFFLE**

- 1 Touch right foot next left foot and turn $\frac{1}{4}$ to left
 2&3 Kick right foot forward, touch right foot next left foot, step on left foot
 4 Touch right foot next left foot and turn $\frac{1}{4}$ to left
 5&6 Kick right foot forward, touch right foot next left foot, step on left foot
 7&8 Turn $\frac{1}{2}$ to left on left foot and step side to right on right foot, step left foot next right foot, step right foot to right side (face front wall)

CROSS SHUFFLE, ROCK STEP, HOP TOUCH BACK

- 1&2 Cross left foot over right foot, step right foot to right side, cross left foot over right foot
 3-4 Step forward with $\frac{1}{4}$ turn right on right foot, shift weight on left foot
 &5 Hop back on left foot and touch right toe behind left foot
 &6 Hop back on left foot and touch right toe behind left foot
 &7 Hop back on left foot and touch right toe behind left foot
 &8 Hop back on left foot and touch right toe behind left foot (face right side wall)

PADDLE TURN TWICE, TWIST TURN

- 1-2 Step right foot forward, turn $\frac{1}{4}$ to left and step on left foot
 3-4 Step right foot forward, turn $\frac{1}{4}$ to left and step on left foot

- 5-6 Cross right foot over left foot, twist on both toes $\frac{1}{2}$ to left
7-8 Twist $\frac{1}{4}$ to right on both toes, twist $\frac{1}{2}$ to left on both toes (face front wall)

PART C

The "run to yourself" part

HEEL JACKS RIGHT, LEFT, SCUFF, HOP BACK, STEP TOUCH, STEP TOUCH

- &1 Step right foot slightly back right, touch left heel forward
&2 Step left foot back, cross right foot over left foot
&3 Step left foot slightly back left, touch right heel forward
&4 Step right foot back, cross left foot over right foot
5&6 Scuff right foot next left foot, hop back on left foot, step right foot back
&7 Step left foot slightly forward left, touch right foot next left foot
&8 Step right foot slightly forward right, touch left foot next right foot

SIDE STEP, SLAP, SIDE STEP, SLAP, CLAP TIGHTS, STOMP JUMP

- 1& Step left foot to left side, slap right heel behind left leg with left hand
2& Step right foot to right side, slap left heel behind right leg with right hand
3& Step left foot to left side, slap right heel behind left leg with left hand
4 Step right foot to right side, slap left heel behind right leg with right hand
&5 Clap right hand on right femoral, clap left hand on left femoral
&6 Clap hands twice
&7 Clap right hand on right femoral, clap left hand on left femoral
&8 Clap both hands on femoral, jump forward as stomp with feet apart

SAILOR RIGHT, SAILOR LEFT, STEP, TURN, SLAP, STEP

- 1&2 Step right foot behind left foot, step left foot to left side, step right foot in place
3&4 Step left foot behind right foot, step right foot to right side, step left foot in place
5-6 Step right foot forward, turn $\frac{1}{2}$ to left on left foot (weight on right)
7-8 Slap left foot in front of right leg with right hand, step left foot forward (face back wall)

SAILOR RIGHT, SAILOR LEFT, STEP, TURN, SLAP, STEP

- 1&2 Step right foot behind left foot, step left foot to left side, step right foot in place
3&4 Step left foot behind right foot, step right foot to right side, step left foot in place
5-6 Step right foot forward, turn $\frac{1}{2}$ to left on left foot (weight on right)
7-8 Slap left foot in front of right leg with right hand, step left foot forward (face back wall)
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