

Helluva Polka

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate - Polka
编舞者: Kathy Hunyadi (USA)
音乐: If You're Going Through Hell (Before the Devil Even Knows) - Rodney Atkins



RIGHT SHUFFLE, LEFT SHUFFLE, TURN ½ LEFT, RIGHT SHUFFLE BACK, LEFT SAILOR TURNING ¼ LEFT

1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left
5&6 Turn ½ left and shuffle back right, left, right
7&8 Cross left behind right, turn ¼ left and step right to side, step left to side

WALK, WALK, STEP, HEEL SWIVELS, WALK, WALK, ROCK & TURN ¼ LEFT

1-2 Step right forward, step left forward
3&4 Step right forward, swivel heels to right, center (weight to right)
5-6 Step left forward, step right forward
7&8 Rock left forward, recover to right, turn ¼ left and step left to side

CROSSING SHUFFLE, TURN ¼ SHUFFLE, TURN ¼ SHUFFLE, CROSS ROCK, ¼ LEFT TURN

1&2 Cross right over left, step left to side, cross right over left
3&4 Turn ¼ right and step left back, step right together, step left slightly back
5&6 Turn ¼ right and step right to side, step left together, step right slightly to side
7&8 Rock left forward and across, recover to right, turn ¼ left and step left forward

HEEL SWITCHES, HOLD, CLAP TWICE, HEEL SWITCHES, HOLD, CLAP TWICE, QUICK STEP BACK

1&2& Touch right heel forward, step right together, touch left heel forward, step left together
3&4 Touch right heel forward, clap, clap
&5&6& Step right together, touch left heel forward, step left together, touch right heel forward, step right together
7&8& Touch left heel forward, clap, clap, step left back

REPEAT
