

East Bound

拍数: 32 墙数: 4 级数: Improver polka
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音乐: East Bound and Down - The Road Hammers



HEEL TOUCH, TOE TOUCH, POLKA SHUFFLE (2X)

- 1 Heel touch to side slightly forward left
- 2 Toe touch crossed in front left
- 3&4 Polka shuffle to side left-right-left
- 5 Heel touch to side slightly forward right
- 6 Toe touch crossed in front right
- 7&8 Polka shuffle to side pivoting $\frac{1}{4}$ right at right-left-right

POLKA SHUFFLE (4)

- 1&2 Polka shuffle to side pivot $\frac{1}{4}$ right left-right-left
- 3&4 Polka shuffle to side pivot $\frac{1}{4}$ right right-left-right
- 5&6 Polka shuffle to side pivot $\frac{1}{4}$ right left-right-left
- 7&8 Polka shuffle to side right-left-right

HEEL TOUCH, TOE TOUCH, HEEL TOUCH, STEP, TOE TOUCH, HEEL TOUCH, TOE TOUCH, STEP

- 1 Heel touch forward left
- 2 Toe touch backward left
- 3 Heel touch forward left
- 4 Step left back
- 5 Toe touch backward right
- 6 Heel touch forward right
- 7 Toe touch backward right
- 8 Step right forward

POLKA SHUFFLE, DIG $\frac{1}{4}$ LEFT

- 1-4 Polka shuffle forward left-right-left, right-left-right
- 5-8 Tap ball of foot forward with emphasis and noise turning $\frac{1}{4}$ left left-right-left-right

REPEAT

TAG

At 2:24, add

- 1-4 Dig forward turning 1 full turn left left-right-left-right