

Continental Polka

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Louise G. Webber (USA)
音乐: Alice - Jimmy Sturr

级数: Beginner



RIGHT HEEL CROSS, RIGHT CHASSE'; LEFT HEEL CROSS, LEFT CHASSE'

1 Right heel touch forward
2 Right toes cross (touch) over left
3&4 Shuffle to side right-left-right
5 Left heel touch forward
6 Left toes cross (touch) over right
7&8 Shuffle to side left-right-left

WALK FORWARD (RIGHT-LEFT-RIGHT), KICK LEFT; WALK BACK (LEFT RIGHT), LEFT COASTER STEP

9 Step right forward
10 Step left forward
11 Step right forward
12 Left kick forward
13 Step left back
14 Step right back
15 Step left back
& Right step home
16 Step left forward

RIGHT HEEL CROSS, RIGHT CHASSE'; LEFT HEEL CROSS, LEFT CHASSE'

17 Right heel touch forward
18 Right toes cross (touch) over left
19&20 Shuffle to side right-left-right
21 Left heel touch forward
22 Left toes cross (touch) over right
23&24 Shuffle to side left-right-left

RIGHT JAZZ BOX; RIGHT JAZZ BOX WITH ¼ TURN RIGHT

25 Right cross (step) over left
26 Step left back
27 Right step to side
28 Left step home
29 Right cross (step) over left
30 Step left back
31 Right step to side with ¼ turn right
32 Left step home

REPEAT
