

# Alpen Polka

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Trent Cummings (USA) & Mary Cummings (USA)  
音乐: Never Stop The Alpen Pop - D.J. Otzi



Dance begins after they count 1-2-3-4 in German

## 3 HEEL TAPS, HEEL HOOK, 2 POLKA STEPS FORWARD

1-3      Tap right heel forward 3 times  
4      Hook right foot in front of left  
5&6      Triple forward right-left-right  
7&8      Triple forward left-right-left

## TURNING JAZZ BOX, 2 POLKA STEPS FORWARD

9-10      Cross right foot over left, turn  $\frac{1}{4}$  turn left while stepping back on left foot  
11-12      Step slightly to the right on right foot, bring left foot together with the right (putting weight on it)  
13&14      Triple forward right-left-right  
15&16      Triple forward left-right-left

## STOMP, STOMP, DOWN, UP, POLKA BACK, COASTER STEP

17-18      Stomp right foot in place, stomp left foot in place  
19-20      While bending both knees move body down, then straighten back up

**While doing steps 19-20, place hands on waist.**

21&22      Triple backward right-left-right  
23&24      Step back on left foot, bring right foot together with left, step forward on left foot

## TURNING JAZZ BOX, STOMP, STOMP, CLAP, CLAP, CLAP

25-26      Cross right foot over left, turn  $\frac{1}{4}$  turn left while stepping back on left foot  
27-28      Step slightly to the right on right foot, bring left foot together with the right (putting weight on it)  
29-30      Stomp right foot in place, stomp left foot in place  
31-32      Hold and clap hands 3 times

**REPEAT**

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