

Marinka Polka

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Birgitta Bergkvist (SWE) - July 2007
音乐: Hop marinka - Atomik Harmonik



FORWARD ROCK RECOVER, COASTER STEP, STEP TURN ½ RIGHT, SHUFFLE

1-2 Rock right forward, recover to left
3&4 Step right back, step left together, step right forward
5-6 Step left forward, turn ½ right (weight to right)
7&8 Step left forward, step right together, step left forward

SIDE ROCK RECOVER, CROSS SHUFFLE, 2X TURN ¼ RIGHT, SHUFFLE

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

STEP TURN ½ LEFT, SHUFFLE, FULL TURN RIGHT, ROCK & CROSS

1-2 Step right forward, turn ½ left (weight to left)
3&4 Step right forward, step left together, step right forward
5-6 Turn ½ right and step left forward, turn ½ right and step right back
7&8 Rock left to side, recover to right, cross left over right

SWAY, SWAY, SHUFFLE BACK, COASTER STEP, STEP WITH CLAP, STEP WITH CLAP

1-2 Step right to side and sway right, sway left
3&4 Step right back, step left together, step right back
5&6 Step left back, step right together, step left forward
7-8 Step right forward (clap), step left forward (clap)

REPEAT
