Polka Dot

Note:



编舞者: Dynamite Dot (UK) - July 2007

音乐: I'm At Home On The Range - Suzy Boggus



16 count intro? start on vocals.

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|----------------------------------|---|
| 1 - 8 | Left lock & R lock/Fwd touch/R shuffle back |
| 1, 2 & 3, 4 | Step left fwd and lock right behind. On the & count place weight on left stepping slightly to left. Step fwd right and lock left behind |
| & 5, 6, 7 & 8 | On the & count step right slightly to right. Step fwd on left and touch right to left heel. Do a right shuffle traveling back |
| 9 - 16 | 2 x ½ shuffle turn L/Back rock/L kick & cross |
| 1 & 2 3 & 4 | Make 2 x ½ shuffle turns to left traveling back |
| 567&8 | Left back rock. Left kick to left diagonal. Left to side and cross right over left |
| 17 - 24 | L side rock/L & R sailor steps/L sailor 1/4 turn L |
| 1, 2, 3 & 4 | Rock left to side and recover on right. Left sailor step |
| 5 & 6, 7 & 8 | Right sailor step. Left sailor step making ¼ turn to left |
| 25 - 32 | R tap kick shuffle back/L tap kick/L back rock |
| 123&4 | Tap right toe slightly fwd and kick right fwd. Right shuffle traveling back |
| 5678 | Tap left toe slightly fwd and kick left fwd. Rock back on left and recover on right |
| | |

Polka is energetic and fun. Once familiar with steps, travel and make steps larger? room