

# Stuck in Polka

拍数: 32      墙数: 4      级数: Newcomer / Novice  
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音乐: Stuck - Caro Emerald



**Info: Start dance after 32 counts when you hear the beat**

## Coaster cross Shuffle with 1/4 Turn R, Cross Shuffle R, 1/4 Turn L with Rock step L, Shuffle 1/2 Turn L

1            RF Step backwards  
&            LF Step next to RF  
2            RF Turn ¼ to the right, cross over LF  
&            LF Step slightly to the left  
3            RF Cross over LF  
&            LF Step slightly to the left  
4            RF Cross over LF  
5            LF Turn ¼ to the left, step forward  
6            RF Recover weight  
7            LF Turn ¼ to the left, step to the left side  
&            RF Step next to LF  
8            LF Turn ¼ to the left, step forward

## Touch R, Hitch R with 1/2 Turn L, Step back R, Coaster step L, Chasse R & 1/4 Turn R with Heel grind R

1            RF Touch toe next to LF  
&            RF Turn ½ to the left, hitch knee  
2            RF Step backwards  
3            LF Step backwards  
&            RF Step next to LF  
4            LF Step forward  
5            RF Step to the right side  
&            LF Step next to RF  
6            RF Step to the right side  
&            LF Step next to RF  
7            RF Heel grind, turn ¼ to the right,  
8            LF Step backward

## Shuffle ½ Turn R, 1/4 Turn R, Big Step Side L, Drag R, Sailor step R, Behind L, Side R, Cross L

1            RF Turn ¼ to the right, step to the right side  
&            LF Step next to RF  
2            RF Turn ¼ to the right, step forward  
3            LF Turn ¼ to the right, step to the left side  
4            RF Drag next to LF  
5            RF Cross behind LF  
&            LF Step slightly to the left side  
6            RF Step slightly to the right side  
7            LF Cross behind RF  
&            RF Step to the right side  
8            LF Cross over RF

## Side Rock R with ¼ Turn R, Shuffle ½ Turn R, Rock step L & Rock step R

1            RF Step to the right side  
2            LF Recover weight, turn ¼ to the right side  
3            RF Turn ¼ to the right, step to the right side

& LF Step next to RF  
4 RF Turn  $\frac{1}{4}$  to the right, step forward  
5 LF Step forward  
6 RF Recover weight  
& LF Step next to RF  
7 RF Step forward  
8 LF Recover weight

**Start Again**

**Restart in wall 5 & 10 after 16 counts**

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