

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
