

# Boeremeisie Polka 2011

COPPERKNOB  
STEPPESHEETS

拍数: 48                      墙数: 4                      级数: Improver (Polka Motion)  
编舞者: Sebastiaan Holtland (NL) - August 2011  
音乐: Dans Met My Baby - Lianie May : (Album: Boeremeisie 2009)



**32 count intro start on the vocals (15 Sec) - (No Tags, No Restarts)**

**Sec 1: [1-8] Fwd Rock, Recover, Back Toe Tap, Step, Point Back, 1/2 Unwind L, 1/4 Pivot L**

1-2                      Rock Rf forward, recover on Lf (12:00)  
3&4                      Tap R toe back, Hop Lf back (scoot), step Rf back weight onto Rf  
5-6                      Point Lf back, unwind 1/2 left (6) take weight onto Lf  
7-8                      Step Rf forward, turn 1/4 left (3) take weight onto Lf

**Sec 2: [9-16] Step, Heel Twist, Step, Heel Twist, Point Back, 1/2 Unwind L, 1/4 Pivot L**

1&2                      Step Rf forward, twist both heels to right, twist both heels back to center take weight onto Rf (3:00)  
3&4                      Step Lf forward, twist both heels to left, twist both heels back to center take weight onto Rf  
5-6                      Point Lf back, unwind 1/2 left (9) take weight onto Lf  
7-8                      Step Rf forward, turn 1/4 left (6) take weight onto Lf

**Sec 3: [17-24] Right Chasse In Gallops, 1/4 Turn L, Left Shuffles Fwd In Gallops**

1&2&                      Step Rf to the right, step Lf next to Rf, step Rf to the right, step Lf next to Rf weight onto Lf (6:00)  
3&4                      Step Rf to the right, step Lf next to Rf, step Rf to the right weight onto Rf  
5&6&                      Turn 1/4 left (3) step Lf forward, step Rf beside Lf, step Lf forward, step Rf beside Lf weight onto Rf  
7&8                      Step Lf forward, step Rf beside Lf, step Lf forward weight onto Lf (3:00)

**Sec 4: [25-32] Touch, Flick, Heel Flick (Right), Chasse, Touch, Flick, Heel Flick, Chasse (Left)**

1&2&                      Touch Rf forward, flick right heel slightly up in front of left leg, touch Rf forward, flick R heel up (3)  
3&4                      Step Rf to the right, step Lf next to Rf, step Rf to the right weight onto Rf  
5&6&                      Touch Lf forward, flick left heel slightly up in front of left leg, touch Lf forward, flick L heel up  
7&8                      Step Lf to the left, step Rf next to Lf, step Lf to the left weight onto Lf (3:00)

**Sec 5: [33-40] Chasse R, 3x Chasse L-R-L with 1/4 Turn L (Square Chasse)**

1&2                      Step Rf to the right, step Lf next to Rf, step Rf to the right weight onto Rf  
3&4                      Turn 1/4 left (12) step Lf to the left, step Rf next to Lf, step Lf to the left weight onto Lf  
5&6                      Turn 1/4 left (9) Step Rf to the right, step Lf next to Rf, step Rf to the right weight onto Rf  
7&8                      Turn 1/4 left (6) step Lf to the left, step Rf next to Lf, step Lf to the left weight onto Lf

**Sec 6: [41-48] Heel Switches R-L-R (travelling fwd), Clap, Clap, 1/4 Turn L, Heel Switches L-R-L (travelling fwd), Clap, Clap, Together**

1&2&                      Bring R heel forward, step Rf back in place, bring L heel forward, step Lf back in place weight onto Lf (heel switches travelling fwd) (6:00)  
3&4                      Bring R heel forward holding weight onto Lf, Clap, Clap  
&5&6&                      Turn 1/4 left (3) step Rf back in place, bring Lf heel forward, step Lf back in place, bring R heel forward, step Rf back in place (heel switches travelling fwd)  
7&8&                      Bring L heel forward holding weight onto Rf, Clap, Clap, step Lf next to Rf weight onto Lf (3:00)

**Start Again, Enjoy!**

