

Traktor Polka

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Aiden Fryer (UK) - June 2014
音乐: Traktor polka - Atomik Harmonik



START ON WORDS VOCALS COUNTS

SIDE ROCK TOGETHER, SIDE ROCK RECOVER , BEHIND KICK BALL CROSS SIDE

1-2& Rock right to right side recover on left step right next to left
3-4 Rock left to left side , recover on right to right side
5-6& step down on left foot behind right , kick right to right side , step down on right
7-8 Cross left over right step right to right side

ROCK BACK RECOVER SHUFFLE ¼ FULL TURN RIGHT SHUFFLE FORWARD

1-2 Rock left behind right recover on right foot
3&4 Shuffle ¼ left stepping left forward , step right next to left step forward on left
5-6 ½ over left shoulder , step back on right, ½ over left step left foot forward
7&8 Right shuffle forward stepping right forward , left next to right , step right foot forward

ROCK FORWARD LEFT RECOVER BACK ,LEFT COASTER STEP, RIGHT ROCKING CHAIR

1-2 Rock forward on left recover on right
3&4 Left coaster step left back , right next to left , step left foot forward
5-6 Rock forward on right , recover on left
7-8 Rock back on right , recover onto left foot stepping forward

STEP ¼ STEP ¼ JAZZBOX WITH CROSS

1-2 Step forward on right , make ¼ left weight onto left foot
3-4 Step forward on right , make ¼ left weight onto left foot
5-6 Cross right over left , step back on left
7-8 Step right foot to right side , cross left over right

Optional Hands as you rock to side , bring arms up on **HANDS UP AND OUT**

END OF DANCE - ENJOY

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Last Update - 27 April 2021