

# I Sing a Polka

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 1      级数: Beginner Polka  
编舞者: Karen Tripp (CAN) - June 2014  
音乐: I sing a Liad für dich - DJ Alpi : (Album: Après Fox 2012 - 3:11)



**32-count wait, weight on left, right foot free**

## **2 POLKA STEPS FORWARD (RIGHT, LEFT), ROCK FORWARD, RECOVER, RIGHT ½ TURN SHUFFLE**

1&2      Shuffle forward stepping right, left, right  
3&4      Shuffle forward stepping left, right, left  
5-6      Rock forward on right, recover on left  
7&8      Turn ¼ right and step right, close left to right, turn ¼ right and step right

## **2 POLKA STEPS FORWARD (LEFT, RIGHT), ROCK FORWARD, RECOVER, COASTER STEP**

9&10      Shuffle forward stepping left, right, left  
11&12      Shuffle forward stepping right, left, right  
13-14      Rock forward on left, recover on right  
15&16      Step back on left, close right to left, step forward left

## **RIGHT HEEL GRIND ¼ RIGHT (keep wt on left), RT COASTER STEP, PADDLE TURN, CROSSING SHUFFLE**

17-18      Stomp on right heel slightly forward turning toes in, swivel toes to the right as you turn the body right ¼, keeping weight on the left  
19&20      Step back on right, close left to right, step forward on right  
21-22      Step forward on left, turn ¼ right and step on right  
23&24      Cross shuffle stepping left, right, left

## **4-COUNT VINE, SWAY RIGHT, LEFT, RIGHT, LEFT**

25-26      Step side on right, cross left behind  
27-28      Step side on right, cross left over right  
29-30      Sway with weight right, left  
31-32      Sway with weight right, left

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