

I Sing a Polka

COPPER KNOB
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

Choreographer: Karen Tripp - Cranbrook, British Columbia - Email: karen@trippcentral.ca □