

Polka Anyone?

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Sherri Busser (USA) - August 2014
音乐: Cowboy Yoddlle Song - Michelle Ryser
或: any polka song of choice



TWO TRIPLE STEPS FORWARD, TWO TRIPLE STEPS BACK

1&2 3&4 Triple forward right-left-right, left-right-left

5&6 7&8 Triple back right-left-right, left-right-left

HEEL DIGS FORWARD, DIAGONAL, SIDE, STEP TOGETHER, REPEAT TO THE LEFT.**

1-4 Touch R heel fwd, diagonal, side, step R next to L.

5-8 Touch L heel fwd, diagonal, side, step L next to R.

TRIPLE STEP TO SIDE, ROCK BACK, RECOVER, REPEAT TO LEFT

1&2 3-4 Triple step to side right-left-right, step L back, step R in place

5&6 7-8 Triple step to side left-right-left, step R back, step L in place

STEP FORWARD, TURN ¼ LEFT; KICK BALL CHANGE. REPEAT.

1-2 3&4 Step R fwd, ¼ L, weight to L. Kick R, step ball of R foot slightly back, step L foot in place.

5-6 7&8 Step R fwd, ¼ L, weight to L. Kick R, step ball of R foot slightly back, step L foot in place

Start over and SMILE, sing along or yoddlle!!

**One Restart after 16 counts on wall 5, facing 12 o'clock.

Harder option for section 2:

Heel rock-recover, step together R & L

1&2&3&4 Step R heel fwd, L in place, R heel to diagonal, L in place, R heel to side, L in place, step R. together

5&6&7&8 Repeat above with L heels.

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