

Empire Polka

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Pascal Dhorne (FR) - May 2014
音樂: Empire - Della Mae : (Album: This world Oft Can Be)



Count - start after 32 counts

[1-8] HEEL SWITCHES (R,L,R), HOOK, SHUFFLE FORWARD, ROCK STEP RECOVER

1&2& Touch R heel fw (1), step R next to L (&), touch L heel fw (2), step L next to R (&)
3, 4 Touch R heel fw (3), hook with R.
5&6 Shuffle forward R, L, R,
7-8 Step forward on L, recover weight on R,

[9-16] □SHUFFLE BACKWARD (TWICE), COASTER STEP, WALK, WALK,

1&2 Shuffle backward L,R,L,
3&4 Shuffle backward R,L,R,
5&6 Step back on L, step R next to L, step forward on L,
7,8 walk Right , walk Left,

[17-24] SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, SAILOR STEP ¼ TURN

1-2 Step Right to right side, recover on Left
3&4 Cross Right behind Left, step Left to left side, cross Right over Left
5,6 Step Left to left side, recover on Right
7&8 Cross L behind R, step R to R making L ¼ turn, step L to L

[28-32] TOUCH & KICK WITH ¼ TURN, COASTER STEP, ROCK STEP, CHASSE WITH ¼ TURN

1-2 Touch Right beside left, Kick Right with ¼ turn to right,
3&4 Step back on R, step L next to R, step forward on R
5-6 Step forward on left, recover onto right
7&8 Step left to left side, step right next to left making a ¼ turn left, step left to left side

Tag: After wall 3: (3 o'clock)

[1-8] SIDE, ROCK, BEHIND, SIDE, CROSS (TWICE)

1-2 Step Right to right side, recover on Left
3&4 Cross Right behind Left, step Left to left side, cross Right over Left.
5-6 Step left to left side, recover on right
7&8 Cross left behind right, step right to right side, cross left over right.

Tag: After wall 7: (3 o'clock)

1-12 SIDE, ROCK, BEHIND, SIDE, CROSS (TWICE), ROCKING CHAIR
1-2 Step Right to right side, recover on Left
3&4 Cross Right behind Left, step Left to left side, cross Right over Left.
5-6 Step left to left side, recover on right
7&8 Cross left behind right, Step right to right side, cross left over right.
9-10 Rock forward on right, recover weight on left.
11-12 Rock back on right, recover weight on left.

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