Here's To You & I

級數: Improver Polka

編舞者: Martine Canonne (FR) - February 2016

音樂: Here's to You & I - The McClymonts

Start 16 counts - Polka - 3 TAG easy

拍數: 32

[1 – 8] GALLOP TO R DIAGONAL & TOUCH L, GALLOP TO L DIAGONAL & TOUCH R

- 1& Step R to R diagonal, close L behind R
- 2& Step R to R diagonal, close L behind R
- 3-4 Step R to R diagonal, touch L next to R
- 5& Step L to L diagonal, close R behind LF
- 6& Step L to L diagonal, close R behind LF
- 7-8 Step L to L diagonal, touch R next to L

[9 – 16] ROLLING VINE R & CLAP HANDS X2, PIVOT ¼ TURN L, PIVOT ½ TURN, ½ TURN L TRIPLE STEP FORWARD

- 1-2 Make a 1/4 turn R and step forward on R, make a 1/2 turn R and step back on L
- 3&4 Make a 1/4 turn R and step R to R side, clap hands x2 (body open diagonal R)

Option easy : Step R to R side, cross L behind R, Step R to R side & clap hands x2

- 5-6 Make a 1/4 turn L and step forward on L, make a 1/2 turn L and step back on R
- 7&8 Make a ¹/₂ turn L and step forward on L, close R next to L, step forward on L (09:00)

Option easy : Step L to L side, Cross behind L, ¼ turn L with triple step L forward

[17 – 24] RIGHT TRIPLE STEP FORWARD, LEFT TRIPLE STEP FORWARD, JAZZ BOX 1/4 TURN R

- 1&2 Step forward on R, close L next to R, step forward on R
- 3&4 Step forward on L, close R next to L, step forward on L
- 5-6 Cross R Over L, Step Back on L with start ¼ turn R
- 7-8 Step R to R side with finish ¼ turn R, step L forward (12:00)

[25 – 32] SYNCOPATED ROCKS FORWARD (R,L), STEP 1/2 TURN L, STEP 1⁄4 TURN L & TOUCH

- 1-2& Rock forward on R, recover onto L, close R next to L
- 3-4& Rock forward on L, recover onto R, close L next to R
- 5-6 Step forward on R, make a 1/2 turn L (06:00)
- 7&8 Step forward on R, make a 1/4 turn L, touch R next to L (03:00)

TAG : WHEN SLOW MUSIC, END WALLS 1 AND 5, MAKE 36 COUNTS

END WALL 9 : MAKE JUST COUNTS 33-36

- 1-8 Step R to side R, drag 3 counts, step L to side L, drag 3 counts
- 9-16 1/4 turn R and step R to R side, drag 3 counts, step L to side L, drap 3 counts
- 17-32 Repeat 1-16 counts
- 33-36 Step R to R side with bump R, L, R, L





牆數:4