

# Polkaniesta

拍數: 32      牆數: 4      級數: Low Intermediate  
編舞者: Nancy Morgan (USA) - March 2016  
音樂: Love Runs - Tim McGraw



Practice Song: Here Tonight by Tim McGraw

◆ Begin after 36 Counts or when he starts singing ◆ BPM: 112

**Shuffle forward, Step, pivot ½ turn, Shuffle forward, Step back ½ Turn, Step forward ¼ turn**

1&2      Shuffle Forward – Right-Left-Right  
3,4      Step forward on Right, Pivot ½ turn to Right (Weight ends on Left)  
5&6      Shuffle forward – Left-Right-Left  
7      Step Back on Right ½ turn to Left  
8      Step forward on Left ¼ turn to Left

**Rock Step & Rock Step, Back Shuffle, Rock back**

1,2      Rock forward on Right and back on Left  
&      Step Right Next to Left  
3,4      Rock forward on Left and back on Right  
5&6      Back Shuffle – Left-Right-Left  
7,8      Rock back on Right and forward on Left

**Side Shuffle, Rock Step, 2 Kick-Ball-Crosses**

1&2      Right side shuffle – Right-Left-Right  
3,4      Rock back on Left and forward on Right  
5&6      Kick-Ball-Cross – Kick Left foot slightly forward, step Left slightly back, Cross Right over Left  
7&8      Kick-Ball-Cross – Kick Left foot slightly forward, step Left slightly back, Cross Right over Left  
as you turn slightly to Left ¼ turn

**Step Pivot, Shuffle forward, Step Pivot, Cross, Step back**

1,2      Step forward on Left, pivot ½ turn to Right (Weight ends on Right)  
3&4      Shuffle forward – Left-Right-Left  
5,6      Step forward on Right, Pivot ¼ turn to Left (Weight ends on Left)  
7,8      Cross Right over Left, step back on Left as you lift Right foot slightly off ground

**Begin Again!**

Contact: [nancymorgan@hotmail.com](mailto:nancymorgan@hotmail.com)