

# I Found

拍數: 48      牆數: 4      級數: Intermediate Polka  
編舞者: Luigi Silvestri (CH) - August 2016  
音樂: Found - Dan Davidson



Dance begins immediately on vocal.

## [1-8] Rock FWD R, Triple Full Turn R, Rock FWD L, Coaster Cross

1, 2      Rock forward on right, recover on left  
3&4      Triple Full Turn right stepping right left right  
5, 6      Rock forward on left, recover on right  
7&8      Step back on left, Step right next to left, Cross right over left

## [9-16] Heel Jack R, Heel Jack L, Step L FWD

1,2&      Step right to right side, cross left behind right, touch left heel forward  
3&4      Step left next to right, cross right over left  
5,6&      Step left to left side, cross right behind left, Step left to left side  
7&8      touch right heel forward Step right next to left, step forward on left

Restart 2: Wall 2,4,6,7 & 10

## [17-24] Rock FWD R, Shuffle ½ Turn R, Shuffle ½ R, Shuffle ½ Turn R

1, 2      Rock forward on right, recover on left  
3&4      ½ Turn right stepping, right left right  
5&6      ½ Turn right stepping, left right left  
7&8      ½ Turn right stepping, right left right

## [25-32] Step Twist Twist, Sailor ¾ Turn, Side Rock, Cross and Heel

1&2      Step forward on left, twist both heel to left, twist both heel to right back to centre  
3&4      Cross left behind right ¾ left stepping left right left  
5, 6      Rock right to right side, recover on left  
7&8      Cross right over left, step left to left side, touch right heel forward

Restart 1: Wall 1,3 & 9

## [33-40] Shuffle FWD R, Step ½ turn R, ¼ Chasse L, Behind Side Cross

1&2      Step forward on right, step left behind right, step forward on right  
3, 4      Step forward on left ½ turn on right  
5&6      ¼ Turn to left side, step left of left side, step right beside left, step left to left side  
7&8      Cross right behind left, step left to left side, cross right over left

## [41-48] Side Rock, Sailor ¼ turn L, Kick Ball Step, Kick Ball Step

1, 2      Rock left to left side, recover on right  
3&4      Cross left behind right, ¼ turn left, step right to right, step forward on left  
5&6      Kick right forward, step right ball next to left, step left forward  
7&8      Kick right forward, step right ball next to left, step left forward

Restart 1: After 32 Counts on Wall 1,3 & 9

Restart 2: After 16 Counts on Wall 2,4,6,7 & 10

Happy Dancing:

Contact: [info@black-kodiak.ch](mailto:info@black-kodiak.ch)

Last Update: 25 Mar 2024

