

Polka Chicken

拍數: 48

牆數: 1

級數: Phrased Novice / Intermediate - Lilt
/ Polka



編舞者: André Deillon - August 2016

音樂: Bonanza Theme by Lorne Greene (BPM 130)

Intro: 8 Counts, on lyrics - Start position : 1.30 (strating side rear left of the dance floor , can also contra dance)

Séquence : AA BC (A 16 c, B 16 c, C 16 c)

PART A – 16 counts

A1: Step R, Step L, R Shuffle, Step L, Step R, L Shuffle.

- 1 RF□Step right forward (1.30)
- 2 LF□Step left forward
- 3 RF□Step right forward
- & LF □Step left to right
- 4 RF□Step right forward
- 5 LF □Step left forward
- 6 RF□Step right forward
- 7 LF □Step left forward
- & RF □Step right to left
- 8 LF□Step left forward

A2: Side, Close, Side chassé, Cross, side, Coaster step

- 1 RF□Side to right (4.30)
- 2 LF □Step left to right
- 3 RF□Step to right
- & LF□Step left to right
- 4 RF □Step to right
- 5 LF□Cross left over right
- 6 RF□Step to right
- 7 LF□Step left back
- & RF□Step right to left
- 8 LF□Step left forward

Part B – 16 counts

B1: Gallop R, L, Hold, ¼ turn left Gallop L, R, Hold

- 1 RF□Step right forward (1.30)
- & LF□Step left close 3 em
- 2 RF□Step right forward
- & LF□Step left close 3 em
- 3 RF□Step right forward
- 4 Hold
- 5 LF□¼ turn L, ste left forward(10.30)
- & RF □Step right close 3em
- 6 LF□Step left forward
- & RF □Step right close 3em
- 7 LF □Step left forward
- 8 Hold

B2: Step R, L, R, Hold, ¼ turn left, Gallop L , Hold

- 1 RF□Step right forward

- 2 LF □ Step left forward
- 3 RF □ Step right forward
- 4 Hold
- 5 LF □ ¼ turn L, Step left forward (7.30)
- & RF □ Step right close 3em
- 6 LF □ Step left forward
- & RF □ Step right close 3em
- 7 LF □ Step left forward
- 8 Hold

PART C – 16 counts

C1: Step R, L, R, Hold, Step L, R, L, Hold

- 1 RF □ Step right forward (1.30)
- 2 LF □ Step left forward
- 3 RF □ Step right forward
- 4 Hold
- 5 LF □ Step left forward
- 6 RF □ Step right forward
- 7 LF □ Step left forward
- 8 Hold

C2: Gallop R, Hold, ¼ turn left Gallop L, Hold

- 1 RF □ Step right forward
- & LF □ Step left close 3em
- 2 RF □ Step right forward
- & LF □ Step left close 3em
- 3 RF □ Step right forward
- 4 Hold
- 5 LF □ ¼ turn L, Step left forward
- & RF □ Step right close 3em
- 6 LF □ Step left forward
- & RF □ Step right close 3em
- 7 LF □ Step left forward
- 8 Hold
- & LF □ ¼ turn left

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