

Tyroler Polka

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: Newcomer
編舞者: Karolina Ullénstäv (SWE) & Jonas Andréasson (SWE) - January 2019
音樂: Goldried Quintett: "Mei Muata und Mei Vota" (length 2:51)



Intro 32 counts, BPM 120 - No Tags, No Restarts

Section 1: Shuffle steps forward, shuffle turn ½ left, coaster step

1 RF step forward (facing 12.00)
&
2 LF step beside RF
3 RF step forward
4 LF step forward
&
5 RF step beside LF
6 LF step forward
7 Turn ¼ left and step RF right (facing 09.00)
&
8 LF step beside RF
9 Turn ¼ left stepping RF back (facing 06.00)
10 LF step back
11 &
12 RF step beside LF
13 LF step forward

Section 2: Cross rock step over LF, recover, shuffle right, cross rock step over RF, recover, shuffle left

1 RF cross over LF
2 Recover onto LF (weight on LF)
3 RF step right
&
4 LF step beside RF
5 RF step right
6 LF cross over RF
7 Recover onto RF (weight on RF)
8 LF step left
9 &
10 RF step beside LF
11 LF step left

Section 3: Step turn ½ left x 2, RF step diagonally forward right and bend forward clapping your hands x 3 while you are rising up ending with LF step forward beside RF

1 RF step forward
2 Turn ½ left on ball ending with weight on LF (facing 12.00)
3 RF step forward
4 Turn ½ left on ball ending with weight on LF (facing 06.00)
5 RF step diagonally forward right and start bending forward
6 Bend forward and clap your hands
7 Rise slowly up and clap your hands
8 Rise slowly up and clap your hands and step LF beside RF

Section 4: Shuffle steps right, turn ¼ left and do shuffle steps left, put heels forward x 3, clap your hands x 2

1 RF step right
&
2 LF step beside RF
3 RF step right
4 Turn ¼ left and step LF left (facing 03.00)
&
5 RF step beside LF
6 LF step left
7 RF heel forward

& RF beside LF
6 LF heel forward
& LF beside RF
7 RF heel forward
& Clap your hands
8 Clap your hands

Have Fun!
