

De Waarheid

拍數: 32 牆數: 2 級數: Newcomer Polka
編舞者: Monika Mickein (DE) - March 2019
音樂: De Waarheid by Frank Verkooyen - Edit (BPM 122) pitch down



Intro: 4 counts (8 – sec.)

R Shuffle fwd, L Shuffle fwd, Rock Step fwd, Chasse ¼ Turn R

1&2 RF step fwd, LF step together, RF step fwd
3&4 LF step fwd, RF step together, LF step fwd
5-6 RF step fwd, LF recover weight
7&8 RF ¼ Turn R right side, LF step together RF, RF step right side (3:00)

Chasse Box R 3/4 Turn, Scuff Side

1&2 RF Turn ¼ R, chasse LRL (6:00)
3&4 LF Turn ¼ R, chasse RLR, (9:00)
5&6 RF Turn ¼ R, chasse LRL (12:00)
7-8 RF Scuff, RF step right side step

**** RESTART in Wall 6 – 6:00 - add an & count to collect LF next to RF to start the dance**

L Shuffle fwd, Rock Step Fwd, Chasse ½ Turn R , L Shuffle Fwd

1&2 LF step fwd, RF step together, LF step fwd
3-4 RF step fwd, LF recover weight
5&6 RF ¼ Turn R right side, LF step together RF, RF ¼ Turn R step right side (6:00)
7&8 LF step fwd, RF step together, LF step fwd

Heel Switches R&L&R, Clap Clap, R Sailor, L Sailor

1&2&3 RF Touch R heel fwd, RF step next to LF, LF touch L heel fwd, LF step next to RF, RF Touch
R heel fwd
&4 Clap, Clap
5&6 RF step behind LF, LF step to left side, RF step to right side
7&8 LF step behind RF, RF step to right side, LF step to left side

Start again – Option for the party: you can also dance it contra have fun ☐

Restart in wall 6 after 16 counts - facing 06:00

Ending: in Wall 13 after 16 counts – facing 06:00

Step Turn ½ R, Stomp – facing 12:00 – and Pose

1-2 LF step fwd, ½ Turn R, weight on RF
& LF stomp to left side (slightly fwd)

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