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)

01.03.2019