

Say Hello Polka Contra

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Easy Intermediate Contra - Polka
編舞者: Kyung Hee Lee (KOR) - September 2019
音樂: Grüß Euch Gott, liebe Leut' - Margret Almer



Sequence: 48(16c tag)-32-16(restart)-48(16c tag)-32-32-32-4(tag)-32-32

*Note: You have to change partner while dancing on 32 counts (Please don't change partner while dancing on Tag and restart.)

Start the dance after 16 counts

SECTION 1: RF SIDE HEEL TOUCH, TOE TOUCH RF, SIDE HEEL TOUCH, HOOK, SIDE SHUFFLE, BACKWARD ROCK, RECOVER

1-4 Heel touch RF to R side, toe touch RF in front of LF, heel touch RF to R side hook RF
5&6 Step RF to R side, close LF next to RF, step RF to R side
7-8 Rock LF to backward, recover to RF

SECTION 2: LF SIDE HEEL TOUCH, TOE TOUCH LF, SIDE HEEL TOUCH, HOOK, SIDE SHUFFLE, BACKWARD ROCK, RECOVER

1-4 Heel touch LF to L side, toe touch LF, in front of RF, heel touch LF to L side, hook LF
5&6 Step LF to L side, close RF next to LF, step LF to L side
7-8 Rock RF to backward, recover to LF

SECTION 3: FORWARD SHUFFLE, 1/2 TURN TO R WITH BACKWARD SHUFFLE, BACKWARD ROCK, RECOVER, BACKWARD ROCK, RECOVER

1&2 Step RF forward, close LF next to RF, step RF forward
3&4 1/4 turn to R stepping LF side, close RF next to LF, 1/4 turn to R stepping LF backward
5-8 Rock RF backward, recover to LF, rock RF backward, recover to LF

SECTION 4: FORWARD SHUFFLE, 1/2 TURN TO R WITH BACKWARD SHUFFLE, BACKWARD ROCK, RECOVER, BACKWARD ROCK, RECOVER

1&2 Step RF forward, close LF next to RF, step RF forward
3&4 1/4 turn to R stepping LF side, close RF next to LF, 1/4 turn to R stepping LF backward
5-6 Rock RF backward, recover to LF
7-8 Long step RF to R side, stomp LF next to RF(weight on LF)

* Change partner here

TAG 1 (16 COUNTS)

After wall 1 and wall 5, you will dance to 16 counts tag

Tag steps are as follows,

Section 1

1-4 RF heel touch, replace, LF heel touch, replace
5&6& RF heel touch, replace, LF heel touch, replace
7&8 RF forward step, clap, clap

Section 2

1-4 LF heel touch, replace, RF heel touch, replace
5&6& LF heel touch, replace, RF heel touch, replace
7&8 LF forward step, clap, clap

TAG 2 (4 COUNTS)

After wall 8, you will dance to 4 counts tag

Tag steps are as follows,

1-4 3 times of march in place(1,2,3), clap(4)

RESTART: On the wall 3, you will dance to 16 counts and start again.

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