

Patriotic Polka

拍數: 64 牆數: 2 級數: Advanced
編舞者: Mark Furnell (UK) & Chris Godden (UK) - February 2020
音樂: Independence Day - The Shires



#8 Count Intro - Sequence: 64, 64, 48, 64, Tag 1 x2, Tag 2, 64

[01 – 08]: Stomp, Hold, Sailor Step, Behind, Sweep, Behind, ¼ Turn

1-2 Stomp right to right, hold
3&4 Step left behind right, step right to right, step left to left
5-6 Step right behind left, sweep left from front to back
7-8 Step left behind right, turn ¼ right step right forward (3:00)

[09 – 16]: ½ Turn Shuffle, ¼ Turn Shuffle, Cross, ¼ Turn, Back, Drag

1&2 Turn ¼ right step left to left, step right beside left, turn ¼ right step left back (9:00)
3&4 Turn ¼ right step right to right, step left beside right, step right to right (12:00)
5-6 Cross left over right, turn ¼ left step right back (9:00)
7-8 Long step left back, drag right back towards left

[17 – 24]: Ball, Step, Spiral, Ball, Step, Spiral, Step, Sweep, Cross, Back

&1-2 Step right beside left, step left forward, spiral full turn right weight on left (9:00)
**** On walls 1 & 3 - Hold on count 2 instead of the spiral
&3-4 Step right beside left, step left forward, spiral full turn right weight on left (9:00)
**** On walls 1 & 3 - Hold on count 4 instead of the spiral
5-6 Step right forward, sweep left from back to front
7-8 Cross left over right, step right back

[25 – 32]: ¼ Turn, Drag, Cross, Scissor, ¼ Back, ½ Turn

1-2 Turn ¼ left long step left to left, drag right towards left (6:00)
3-4 Cross right over left, step left to left
5-6 Turn ⅛ right step right beside left, cross left over right (7:30)
7-8 Turn ¼ left step right back, turn ½ left step left forward (10:30)

[33 – 40]: Shuffle, Brush, Hitch ½ Turn, Back, Back Shuffle, Back Rock

1&2 Step right forward, step left beside right, step right forward
3&4 Brush left forward, turn ½ right hitch left knee, step left back (4:30)
5&6 Step right back, step left beside right, step right back
7-8 Rock back on left, recover weight to right

[41 – 48]: Shuffle, ⅜ Back, ¼ Side, Syncopated Weave ¼ Turn

1&2 Step left forward, step right beside left, step left forward
3-4 Turn ⅜ left step right back, turn ¼ left step left to left (9:00)
5&6& Cross right over left, step left to left, step right behind left, step left to left
7& Turn ¼ right cross right over left, step left to left (12:00)
8& Step right behind left, step left to left
**** RESTART HERE ON WALL 3 (FACING 12:00) ****

[49 – 56]: Side, Hold, Ball Cross, Hold, Side Rock, Sailor Step

1-2 Step right to right, hold
**** (note: counts 48&49 complete a sailor step)
&3-4 Step left beside right, cross right over left, hold
5-6 Rock left to left, recover weight to right
7&8 Step left behind right, step right to right, step left to left

[57 – 64]: Sailor Step, Touch, Unwind, Out Out (on heels), Back, Cross, Out Out

- 1&2 Step right behind left, step left to left, step right to right
- 3-4 Touch left back, Unwind ½ left taking weight onto left
- &5 Step forward on right heel, step left heel to left,
- 6 Step right back
- 7&8 Cross left over right, step right to right, step left to left

(On last wall count 8 - punch right arm up to sky)

TAG 1 - DANCED TWICE AFTER WALL 4 (FACING 6:00)

[01 – 08]: Step, Sweep, Weave Sweep, Weave ¼ Turn

- 1-2 Step right forward, sweep left from back to front
- 3-4 Cross left over right, step right to right
- 5-6 Step left behind right, sweep right from front to back
- 7-8 Step right behind left, turn ¼ left step left forward (3:00)

[09 – 16]: ¼ Pivot, Sways

- 1-2 Step right forward, hold
- 3-4 Pivot ¼ left, hold, (12:00)
- 5-6 Sway body right, sway body left
- 7-8 Sway body right, sway body left

[17 – 24]: Step, Sweep, Weave Sweep, Weave ¼ Turn

- 1-2 Step right forward, sweep left from back to front
- 3-4 Cross left over right, step right to right
- 5-6 Step left behind right, sweep right from front to back
- 7-8 Step right behind left, turn ¼ left step left forward (9:00)

[25 – 32]: ¼ Pivot, Out Out (on heels), Back, Cross, Out Out

- 1-2 Step right forward, hold
- 3-4 Pivot ¼ left, hold (6:00)
- &5 Step forward on right heel, step left heel to left,
- 6 Step right back
- 7&8 Cross left over right, step right to right, step left to left

TAG 2 - DANCED ONCE AFTER THE 2ND TAG 1 (FACING 6:00)

[01 – 12]: Prissy Walks

- 1 Step right forward and slightly across left
- 2-4 Hold 3 counts
- 5 Step left forward and slightly across right
- 6-8 Hold 3 counts
- 9 Step right forward and slightly across left
- 10-12 Hold 3 counts

[13 – 24]: Raise Arms, Pull & Drop

- 1-4 Raise arms out to the side and circle up to join above head
 - 5-12 Pull arms down together in front of face while bending knees (weight on left)
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