

P & D Polka

拍數: 32 牆數: 2 級數: Newcomer
編舞者: Pim van Grootel (NL) & Daniel Trepát (NL) - July 2007
音樂: Thirty Days - The Tractors



Shuffle fwd, pivot ½ turn right, step fwd, scuff ½ turn left, coasterstep.

1 RF Step forward
& LF Step next to RF
2 RF Step forward
3 LF Step forward
4 RF ½ turn right and step forward
5 LF Step forward
6 RF Scuff and make a ½ turn left
7 RF Step back
& LF Step next to RF
8 RF Step forward

¼ Turn right and shuffle left, kick-ball cross, shuffle right, kick-ball cross.

1 LF ¼ turn right and step to the left
& RF Step next to LF
2 LF Step to the left
3 RF Kick forward
& RF Step next to LF
4 LF Cross over RF
5 RF Step to the right
& LF Step next to RF
6 RF Step to the right
7 LF Kick forward
& LF Step next to RF
8 RF Cross over LF

Cross shuffle full turn left, side rock, sailorstep.

1 LF ¼ turn left and cross over RF
& RF Small step to the right
2 LF ¼ turn left and cross over RF
& RF Small step to the right
3 LF ¼ turn left and cross over RF
& RF Small step to the right
4 LF ¼ turn left and cross over RF
5 RF Rock to the right
6 LF Recover weight on LF
7 RF Cross behind LF
& LF Small step to the left
8 RF Small step tot the right

Behind, side, cross, side rock ¼ turn left, shuffle ½ turn left, coasterstep.

1 LF Cross behind RF
& RF Step to the right
2 LF Cross over RF
3 RF Rock to the right
4 LF Recover weight on LF while making a ¼ turn left

- 5 RF Step forward, 1/4 turn left
 - & LF Step together, 1/4 turn left
 - 6 RF Step backwards
 - 7 LF Step with LF backwards
 - & RF Step next to LF
 - 8 LF Step forward
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