

# P & D Polka

拍數: 32      牆數: 2      級數: Newcomer  
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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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