

# Cross Country

拍數: 32      牆數: 4      級數: Novice Polka  
編舞者: Nath SASSARO (FR) - November 2021  
音樂: Cross Country - BRELAND



No Tag - No restart

Intro : 16 counts (Approx 12 s)

## SQ 1 : Back Shuffle- Back Rock-Step-L 1/4T-Step- Behind-Side-Cross

1&2      Back step on RF (1) LF next to RF (&) back step on RF (2)  
3-4      Rock Back on LF (3) Recover on RF (4)  
5-6      Step Fwd on LF (5) 1/4T to L stepping RF to R side (6)  
7&8      Cross LF behind RF (7) RF to R side (&) cross LF over RF (8) (9 :00)

## SQ2 : Side Rock-Cross shuffle-Side Rock-Back Rock

1-2      Side Rock to R side (1) Recover on LF (2)  
3&4      Cross RF over LF (3) Step LF to L (&) Cross RF over LF (4)  
5-6      Side Rock on LF (5) Recover on RF (6)  
7-8      Back Rock on LF (7) Recover on RF (8) (9 :00)

## SQ3 : Shuffle Fwd-Rock Fwd-Syncopated Back Rocks

1&2      Step Fwd on LF (1) RF next to LF (&) Step Fwd on LF (2)  
3-4      Rock Fwd on RF (3) Recover on LF (4)  
&5-6      RF next to LF (&) Back Rock on LF (5) Recover on RF (6)  
&7-8      LF next to RF (&) Back Rock on RF (7) Recover on LF (8) (9 :00)

## SQ4 : Step Fwd- R 1/4T -Step- R 1/4T Sailor step-Side Rock-Together-Point-Touch

1-2      Step Fwd on RF (1) 1/4T to R, stepping LF to L side (2)  
3&4      Cross RF behind LF (3) 1/4T to R, stepping LF to L side (&) RF to R side (4)  
5-6      Side Rock on LF (5) Recover on RF (6)  
&7-8      LF next to RF (&) Point RF to R side (7) Touch RF next to LF (8) (3 :00)

Ending :

When the music goes down, go on dancing ...

To finish on the front wall, after the cross shuffle of the SQ2, make 1/2T to L (you just have to slowly unwind, after the last cross )

Enjoy

RF= Right Foot - LF=Left Foot - R=Right - L= Left - Fwd= Foward

Contact : natsas@orange.fr