

Beer Polka

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Ivan Rundgren (SWE) - 1 May 2024
音樂: In Heaven There Is No Beer (Demonstration Version - Includes Lead Singer)



SLOWER MUSIC FOR TEACHING THE DANCE: In Heaven There Is No Beer · Rolling Tunes Intro:32 C no tag!

Intro: 40C, ONE 8C TAG AFTER WALL 5, TOE STRUTS JAZZ BOX 10 walls duration 2,16 minutes

SEC. 1 R CHASSÉ – BACK ROCK – KICK BALL CROSS X 2

1 & 2 Step R to R side (1) step L beside R (&) step R to R side (2)
3 – 4 Step L behind R (3) recover to R (4)
5 & 6 Kick L diagonal fwd (5) step on ball of L (&) cross step R over L (6)
7 & 8 Kick L diagonal fwd (7) step on ball of L (&) cross step R over L ((8)

SEC. 2 L CHASSÉ – BACK ROCK – TOES AND HEELS SWIVELS AND TOUCHES traveling to R side

1 & 2 Step L to L side (1) step R beside L (&) step L to L side (2)
3 – 4 Step R behind L (3) recover to L (4)
5 – 6 Swivel L heel to R and touch R toe beside L heel (5) swivel L toe to center and touch R heel beside L (6)
7 – 8 Swivel L heel to R and touch R toe beside L heel (7) swivel L toe to center and touch R heel beside L (8)

SEC. 3 R ROLLING VINE W/A TOUCH – L ROLLING VINE W/A STOMP

1 – 2 1/4 turn R stepping fwd R (1) 1/4 turn R stepping L to L side (2)
3 – 4 1/4 turn R stepping R to R side (3) touch L beside R (4)
5 – 6 1/4 turn L stepping fwd L (5) 1/4 turn L stepping R to R side (6)
7 – 8 1/4 turn R stepping L to L side (7) stomp R beside L (8)

SEC. 4 WALK FWD L R – FWD L SHUFFLE – PIVOT 1/2 – STEP – CLAP – 1/4 TURN L STOMP L – CLAP

1 – 2 Step fwd L (1) step fwd R (2)
3 & 4 Step fwd L (3) step R beside L (&) step fwd L (4)
5 – 6 Step fwd R (5) pivot 1/2 turn L (6) weight ends on L foot
7 & 8 & Step fwd R (7) clap (&) 1/4 turn L and stop L (8) Clap (&) weight ends on L foot

OPTION SUGGESTION FOR SECTION 3: R VINE W/A TOUCH, L VINE W/A STOMP

CHOREOGRAPHERS NOTE: CONTRA DANCE CHALLENGE!

IF YOU LIKE THE DANCE YOU CAN ALSO DANCE IT AS A CONTRA DANCE BUT YOU NEED TO CHANGE

THE LAST TWO COUNTS TO FOLLOWING: STOMP R (7), CLAP (&), STOMP L(8), CLAP(&), IT WILL MAKE

IT TO A 2 WALLS DANCE. ENJOY!

Start over again!

Please like and subscribe

Have fun & happy dancing, hugs from Sweden

Contact: ivan.rundgren@gmail.com