

拍數: 32 牆數: 4 級數: Newcomer / Novice Polka
編舞者: Giuseppe Ferandi (IT) - August 2024
音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



*1 Restart -

Counterclockwise

SECT. 1 - ROCK SIDE – ROCK BACK – STEP SIDE – BEHIND – ¼ TURN RIGHT SHUFFLE FWD

1 RF step side
2 LF recover weight
3 RF step back
4 LF recover weight
5 RF step side
6 LF step behind
7 RF ¼ turn right step fwd (3.00)
& LF step next to RF
8 RF step fwd

SECT. 2 - STEP FWD – ¾ TURN RIGHT – LEFT STEP SIDE – RIGHT KICK DIAGONAL – STEP BEHIND – STEP SIDE – SHUFFLE CROSS

9 LF step forward
10 ½ turn right (weight on RF) (9.00)
11 LF ¼ turn right step side (12.00)
12 RF kick fwd diagonal right
13 RF step behind
14 LF step side
15 RF step cross over
& LF step side
16 RF step cross over

Restart here at the 4th wall.

To resume the dance on the right beat with the right foot, replace the counts &8 (step side - step cross over) with a left step side (count 8)

SECT: 3 - ROCK SIDE – ¼ TURN LEFT SHUFFLE BACK – ROCK BACK – ¼ TURN LEFT SHUFFLE SIDE

17 LF step side
18 RF recover weight
19 LF ¼ turn left step back (9.00)
& RF step next to LF
20 LF step back
21 RF step back
22 LF recover weight
23 RF ¼ turn left step side (6.00)
& LF step next to RF
24 RF step side

SECT.4 - 1/8 TURN LEFT ROCK BACK – LEFT HEEL BALL TOUCH – RIGHT HEEL GRIND 3/8 TURN RIGHT – RIGHT KICK BALL CHANGE

25 LF 1/8 turn left step back (4.30)
26 RF recover weight
27 LF heel touch fwd (4.30)

& LF step in place
28 RF toe touch next to LF
29 RF point your heel in front
30 RF 3/8 turn right weight back on LF (9.00)
31 RF kick fwd
& RF step in place on ball
32 LF step in place
