

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
