

Rich On

拍數: 92 牆數: 1 級數: Phrased Intermediate - Polka
編舞者: Séverine Fillion (FR) - October 2024
音樂: Rich On - Tim & The Glory Boys



No intro ... Start dancing immediately after the word : « Rich on ... »

Sequence: A – B – A – B – A - A (20) – A - A (16)

PART A

[1-8] TRIPLE STEP FWD, TRIPLE STEP 1/2 T R, BACK KICK BALL CHANGE, KICK BALL STEP

1&2 Triple step right – left – right fwd
3&4 Triple step left – right – left 1/2 turning right 6 :00
5&6 Kick right back, recover on right next to left, left step fwd
7&8 Kick right fwd, recover on right next to left, left step fwd

[9-16] TRIPLE STEP FWD, TRIPLE STEP 1/4 TURN R, SAILOR STEP, BEHIND SIDE CROSS

1&2 Triple step right – left – right
3&4 1/4 turn right & Triple step left – right – left to left side 9 :00
5&6 Right cross behind left, left to left, right to right
7&8 Left cross behind right, right to right, left cross over right

[17-24] KICK BALL CROSS x 2, SIDE POINT SWITCHES, FLICK 1/4 TURN L

1&2 Kick right diagonally right fwd, recover on right next to left, left cross over right
3&4 Kick right diagonally right fwd, recover on right next to left, left cross over right

** RESTART here with 1/4 turn R to make the restart facing 12:00

5&6& Point right to right side, recover on right next to left, point left to left side, recover on left
7-8 Point right to right side, 1/4 turn left with right Flick 6 :00

[25-32] ROCK FWD, COASTER STEP, ROCK FWD, TRIPLE FULL TURN L IN PLACE

1-2 Rock fwd on right, recover on left
3&4 Right step back, left next to right, right step fwd
5-6 Rock fwd on left, recover on right
7&8 Triple step in place left – right – left full turning left

[33-40] JAZZ BOX 1/4 TURN R x 2

1-4 Right cross over left, 1/4 turn right stepping left back, right to right, left step fwd
5-8 Right cross over left, 1/4 turn right stepping left back, right to right, left step fwd 12 :00

[41-44] SIDE STOMP RIGHT, HOLD, SIDE STOMP LEFT, HOLD

1-4 Stomp right to right side, hold, Stomp left to left side, hold

[45-52] TRIPLE STEP FWD, 1/2 TURN L & TRIPLE STEP FWD, 1/4 TURN R & TRIPLE STEP FWD, 1/2 TURN L & TRIPLE STEP FWD

1&2 Triple step right – left – right fwd
3&4 1/2 turn left & Triple step left – right – left fwd 6 :00
5&6 1/4 turn right & Triple step right – left – right fwd 9 :00
7&8 1/2 turn left & Triple step left – right – left fwd 3 :00

[53-60] HEEL TAP DIAGONALLY FWD x 2, BEHIND SIDE CROSS, HEEL TAP DIAGONALLY FWD x 2, SAILOR 1/4 TURN L

1-2 Tap twice right heel diagonally right fwd
3&4 Right cross behind left, left to left, right cross over left

5-6 Tap twice left heel diagonally left fwd
7&8 Left cross behind right, 1/4 turn left stepping right to right, left step fwd 12 :00

PART B

[1-8] STEP FWD – SWEEP (R & L), STEP FWD - HEEL SPLIT (R & L)

1-2 Right step fwd, Sweep left forwards
3-4 Left step fwd, Sweep right forwards
5&6 Right step fwd, open both heels OUT, recover both heels to the center
7&8 Left step fwd, open both heels OUT, recover both heels to the center

[9-16] TRIPLE BACK (R & L), FULL TURN R BACWARDS, OUT OUT - IN IN

1&2 Triple step right – left - right backwards
3&4 Triple step left – right – left backwards
5-6 1/2 Turn right stepping right fwd, 1/2 turn right stepping left back
&7&8 Right step OUT, left step OUT, recover right in center, recover left next to right

[17-24] STEP FWD – SWEEP (R & L), STEP FWD - HEEL SPLIT (R & L)

1-2 Right step fwd, Sweep left forwards
3-4 Left step fwd, Sweep right forwards
5&6 Right step fwd, open both heels OUT, recover both heels to the center
7&8 Left step fwd, open both heels OUT, recover both heels to the center

[25-32] TRIPLE BACK (R & L), FULL TURN R BACWARDS, OUT OUT - IN IN

1&2 Triple step right – left - right backwards
3&4 Triple step left – right – left backwards
5-6 1/2 Turn right stepping right fwd, 1/2 turn right stepping left back
&7&8 Right step OUT, left step OUT, recover right in center, recover left next to right

FINAL : After 16 counts on the last part A, you'll be at 9 :00, make a 1/4 turn right with right stomp fwd to finish facing.

ENJOY & HAVE FUN !

Last Update: 13 Nov 2024
