

Heljens Polka

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Brigitte Denné (DE) - October 2024
音樂: Jubiläumspolka - Alpensound



Intro: 8 Counts, Start at approx 4 secs

Sec. 1 Side Shuffle, Back Rock, Side Shuffle, Back Rock,

1&2 Step right to right, step left beside right, step right to right,
3-4 Rock left back, recover weight on to right,
5&6 Step left to left, step right beside left, step left to left,
7-8 Rock right back, recover weight on to left,

Sec. 2 Kick Ball Change x2, Rock forward, Coaster Step,

1&2 Kick right fwd., step right beside left, step left fwd.,
3&4 Kick right fwd., step right beside left, step left fwd.,
5-6 Rock right fwd., recover weight on to left,
7&8 Step right back, step left beside right, step right fwd.,

Sec. 3 Step 1/4 Pivot, Cross shuffle, Side rock, Weave

1-2 Step left fwd., pivot 1/4 right transferring weight on to right, (3:00)
3&4 Cross left over right, step right beside left, cross left over right,
5-6 Rock right to right, recover weight on to left,
7&8 Step right behind left, step left to left, cross right over left,

Sec. 4 Step Point, Step point, Jazzbox Touch

1-2 Step left fwd., point right to right,
3-4 Step right fwd., point left to left,
5-6 Cross left over right, step right back,
7-8 Step left to left, touch right beside left.

Contact: brigitte.denne@gmx.de
