

Lc Polka

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Linus Ellis (USA) & Cherie Belle Johnson
音樂: Super Love - Exile



RIGHT TOE TOUCHES, RIGHT SAILOR SHUFFLE, LEFT TOE TOUCHES, LEFT SAILOR SHUFFLE

- 1 Touch right toe forward
- 2 Touch right toe to right side
- 3 Step right across behind left
- & Step left to left side
- 4 Step right next to left
- 5 Touch left toe forward
- 6 Touch left toe to left side
- 7 Step left across behind right
- & Step right to right side
- 8 Step left next to right

FORWARD LOCKING SHUFFLES, SIDE TOE TOUCHES, FORWARD HEEL TOUCHES

- 1 Step right forward
- & Step/lock left behind right
- 2 Step right forward
- 3 Step left forward
- & Step/lock right behind left
- 4 Step left forward
- 5 Touch right toe to right side
- & Step right next to left
- 6 Touch left toe to left side
- & Step left next to right
- 7 Touch right heel forward
- & Step right next to left
- 8 Touch left heel forward
- & Step left next to right

FORWARD KICK, BACK STEP, TOE TOUCH, FOUR TIMES

- 1 Kick right forward
- & Step right slightly back
- 2 Touch left toe back
- 3 Kick left forward
- & Step left slightly back
- 4 Touch right toe back
- 5 Kick right forward
- & Step right slightly back
- 6 Touch left toe back
- 7 Kick left forward
- & Step left slightly back
- 8 Touch right toe back

KICK BALL CROSS, CROSSED BACK SHUFFLE, STEP BACK

- 1 Kick right forward
- & Step right back
- 2 Cross left over right

- & Step right back
- 3 Step left back still crossed over right
- 4 Step right back

COASTER STEP, FORWARD STEP INTO ½ TURN RIGHT, STEP BESIDE

- 5 Step left back
- & Step right next to left
- 6 Step left forward
- 7 Step right forward
- & Turn ½ turn right on ball of right
- 8 Step left next to right

REPEAT
