

Mule Skinner Blues

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate/Advanced polka
編舞者: Daan Geelen (NL)
音樂: Mule Skinner Blues - Dolly Parton



SIDE ROCK, SAILOR ¼, ROCK STEP, BALL, STEP, HOOK

1-2 Rock left to left, recover to right
3&4 Cross left behind right, make ¼ turn to left stepping right to the right side, step left to left
5&6&7&8 Rock right forward, recover into left, step on ball next to left, rock forward left, recover and hook left feet in front of right shin

TRIPLE STEP, ROCK STEP, TRIPLE ½, TURN ½ 2X

1&2 Step left forward, close right, step left forward
3-4 Rock right forward, recover to left
5&6 Step right ¼ to right side, close left, step right ¼ to right side
7-8 Turn ½ to the right on right, step back on left, turn ½ to right on left, step forward on right

ROCK STEP, TRIPLE ¾, TURN, BRUSH, HOP, ¼ TURN, APPLE JACK TRAVELING TO THE RIGHT

1-2 Rock forward on left, recover on right
3&4 Step left ½ turn left, close right, step left ¼ turn to left
5&6 Brush right feet, hop or jump hitch right knee, and turn ¼ turn left feet shoulder apart
7&8 Left heel and right toe to the right, left toe and right heel to the right, right heel and left toe center (shoulder apart)

CROSS ROCK RECOVER, BOTOFOGO, STEP SIDE, TURN ¼, FLICK, CROSS SHUFFLE

1-2 Cross rock left over right, recover to right
3&4 Step left to left, close right next to left, cross left in front of right feet
5-6 Step left to the left side, turn ¼ to left on left and flick right feet back
7&8 Cross right in front of left, step left to left, cross right in front of left

ROCK STEP, CROSS SHUFFLE, ROCK STEP, CROSS, TURN ¼, SPY TURN 1/8

1-2 Rock left to left side, recover to the right
3&4 Cross left in front of right, step right to right, cross left in front of right
5-6 Rock right to the right, recover to the left, cross right in front of left, step left back ¼ turn right and turn 3/8 right on ball of left

Facing 19:30

GALLOP STEPS, TURN, SPY TURN ½, GALLOP STEPS, ROCK STEP, BEHIND, SIDE, CROSS

1&2 Step right forward 19:30, close left, step forward right
& Turn ½ on ball of right to right facing 10:30
3&4 Step left forward, close right, step left forward
5-6 Rock forward on right 10:30, recover left
7&8 Step right behind left, step left to left facing 21:00, cross right in front of left

REPEAT