

Pinto Pal Polka

COPPER KNOB
BYEPOSTETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jaschenka Okhuysen & Adriana Stomphorst (NL)
音樂: Give Me A Pinto Pal - Wylie And The Wild West Show



3rd place in the German Championships 2000

ROCK STEP, KICK BALL TOUCH RIGHT AND LEFT

- 1-2 Step right foot to right side and rock, recover weight on to left foot
- 3&4 Kick right foot forward, rock back on ball of right foot, touch left foot beside right foot
- 5-6 Step left foot to left side and rock, recover weight on to right foot
- 7&8 Kick left foot forward, rock back on ball of left foot, touch right foot beside left foot

MONTEREY TURN, MONTEREY SPIN TO THE RIGHT

- 1 Point right foot to right
- 2 Pivot ½ turn to right on ball of left, stepping right next to left and changing weight
- 3 Point left foot to left side
- 4 Step left beside right
- 5 Point right foot to right
- 6 Pivot full turn to right on ball of left, stepping right next to left and changing weight
- 7 Point left foot to left side
- 8 Step left beside right

CHASSE RIGHT, ROCK BACK, RECOVER, CHASSE LEFT, ROCK BACK, RECOVER

- 1&2 Right foot step to right side, slide left foot beside right foot, step right foot to right side
- 3-4 Step left foot behind right foot and rock, recover weight on to right foot
- 5&6 Left foot step to left side, slide right foot beside left foot, step left foot to left side
- 7-8 Step right foot behind left foot and rock, recover weight on to left foot

KICK BALL TOUCH, STEP, SWIVEL, RIGHT AND LEFT

- 1&2 Kick right foot forward, rock back on ball of right foot, touch left foot beside right foot
- 3&4 Step left foot forward, swivel both heels to the left side, swivel both heels back in place
- 5&6 Kick left foot forward, rock back on ball of left foot, touch right foot beside left foot
- 7&8 Step right foot forward, swivel both heel to the right side, swivel both heels back in place

RIGHT SHUFFLE, LEFT SHUFFLE, FULL TURN TO THE RIGHT 2X

- 1&2 Step right foot forward, slide left foot up to right foot, step right foot forward
- 3&4 Step left foot forward, slide right foot up to left foot, step left foot forward
- 5-6 Right foot step back ½ pivot to the right, left foot step forward ½ pivot to the right
- 7-8 Right foot step back ½ pivot to the right, left foot step forward ½ pivot to the right

HEEL, HEEL, STEP BACK, STEP BACK, CLAP, CLAP, RIGHT HAND UP, LEFT HAND UP

- 1-2 Step right heel diagonal forward, step left heel diagonal forward
- 3-4 Step right foot back, step left foot back
- 5-4 Bend your knees and clap right hand on your right knee, clap left hand on your left knee
- 7-8 Straightening both legs and put your right hand in the air, put your left hand in the air

ROLL WITH YOUR HANDS, JAZZ SQUARE

- 1-2 Roll with both hands to the right side
- 3-4 Roll with both hands to the left side
- 5 Cross step right foot over left foot

- 6 Step back on left
- 7 Step right foot a ¼ turn to the right
- 8 Step left foot beside right foot

HEEL, HEEL, STEP BACK, STEP BACK, CLAP, CLAP, CLAP, CLAP

- 1-2 Step right heel diagonal forward, step left heel diagonal forward
- 3-4 Step right foot back, step left foot back
- 5-6 Bend your knees and clap two times with both hands on your knees
- 7-8 Straightening both legs and clap two times

REPEAT

TAG

After the 4 wall, there is a 3 count break. Slap your knees twice. Straighten up and clap once. Start at the beginning of the dance.
