

# Polkaplay 101

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 2      級數: Beginner polka line/contra dance  
編舞者: Forty Arroyo (USA)  
音樂: Jambalaya - Led Loader & The Barrels



Dedicated to the Fabulous Senior Gals at the Sturbridge Senior Center

## TRIPLE SIDE RIGHT, ROCK RECOVER, TRIPLE SIDE LEFT, ROCK RECOVER

1&2      Triple side right - right-left-right  
3-4      Rock back on left, recover weight on right  
5&6      Triple side left - left-right-left  
7-8      Rock back on right, recover weight on left

## TRIPLE FORWARD RIGHT & LEFT, TRIPLE BACK RIGHT & LEFT

1&2      Triple forward right, left, right  
3&4      Triple forward left, right, left  
5&6      Triple back, right, left, right  
7&8      Triple back, left, right, left

## TRIPLES -TRAVELING TO THE RIGHT COMPLETING A FULL TURN RIGHT

1&2      Traveling to the right, triple slightly forward to right with a right, left, right while turning  $\frac{1}{4}$  to right  
3&4      Repeat starting with left- triple left, right, left  
5&6      Repeat starting with right- triple right, left, right  
7&8      Repeat starting with left- triple left, right, left (completing a full right turn)

## STEP, $\frac{1}{4}$ PIVOT, STEP, $\frac{1}{4}$ PIVOT, JAZZ BOX

1-2      Step slightly forward on right, pivot  $\frac{1}{4}$  turn to left  
3-4      Step slightly forward on right, pivot  $\frac{1}{4}$  turn to left  
5-6      Cross right over left, step back slightly on left  
7-8      Step side right, step left next to right

## REPEAT

For some real fun, try it contra style

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