

Pon Pon's Polka (P)

COPPER KNOB
BYEFOOTETS

拍數: 32 牆數: 0 級數: Partner
編舞者: Jim Wells (USA) & Judy Wells (USA)
音樂: Bayou Pon Pon - Gris Gris



Position: Couple is in Right Side-by-Side position facing LOD, and using the same footwork throughout
When dancing to "Bayou Pon Pon" by Gris Gris, start with the wash board music (16 counts). CD can be ordered through email at: Gris_Gris1@FCMail.com

HEEL HOOK - HEEL IN PLACE - TOE BEHIND - HEEL SPLIT

1-2 Touch left heel forward - hook left heel across right ankle
3-4 Touch left heel forward - step left foot beside right foot
5-6 Touch right toe behind left - stomp right foot beside left
7-8 With weight on balls of both feet, push heels apart on count 7, and bring heels together on count 8, placing weight on left

ROCKING TURNS

Counts 9-16 is the fun part of the dance, so put some hip swing action in the turns
Man releases lady's right hand on count 9 and both turn to the left under their left arms, returning to right side-by-side position on count 16.

9-10 Step right foot forward - rock back on left, turning a ¼ turn left
11-12 Step right foot forward - rock back on left, turning a ¼ turn left
13-14 Step right foot forward - rock back on left, turning a ¼ turn left
15-16 Step right foot forward - rock back on left, turning a ¼ turn left

POLKA FORWARD - KICK, KICK

17&18 Polka forward - right, left, right
19&20 Polka forward - left, right, left
21&22 Polka forward - right, left, right
23-24 Kick left foot forward, twice

STOMP, STOMP - POLKA FORWARD

25-26 Stomp left foot, twice (weight on left on second stomp)
27&28 Polka forward - right, left, right
29&30 Polka forward - left, right, left
31&32 Polka forward - right, left, right

REPEAT
