

# Porushka Poranya

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Gary Lafferty (UK)  
音樂: Porushka-Paranya - Bering Strait



## THE INTRO

There is a 32-count vocal intro to the music. Then dance 'the intro' once, then start 'the dance' just as the music kicks in with the fiddle!

### STEP, CLAP-CLAP, STEP, CLAP-CLAP, STEP, ¼ TURN, STEP, ¼ TURN

1&2            Step forward on right foot, clap, clap  
3&4            Step forward on left foot, clap, clap  
5-6            Step forward on right foot, pivot ¼ turn to left  
7-8            Step forward on right foot, pivot ¼ turn to left

### STEP, CLAP-CLAP, STEP, CLAP-CLAP, ROCK FORWARD, RECOVER, TRIPLE ½ TURN

1&2            Step forward on right foot, clap, clap  
3&4            Step forward on left foot, clap, clap  
5-6            Rock forward on right foot, recover weight back onto left foot  
7&8            Shuffle back turning ½ turn over right shoulder

## THE DANCE

### LEFT SHUFFLE, STEP FORWARD, ½ TURN, HEEL SWITCHES, CLAP, CLAP

1&2            Left shuffle forward  
3-4            Step forward on right foot, pivot ½ turn to left  
5&6            Touch right heel forward, step on right foot beside left, touch left heel forward  
&7&8          Step on left foot beside right, touch right heel forward, clap, clap

### RIGHT SHUFFLE BACK, ROCK STEP, STEP, BRUSH, STEP, BRUSH

1&2            Right shuffle back  
3-4            Rock back on left foot, recover weight onto right foot  
5-6            Step forward on left foot, brush right foot forward  
7-8            Step forward on right foot, brush left foot forward

### ROCK FORWARD, RECOVER, ¼ TURN, TOUCH, FULL ROLLING TURN TO RIGHT, TOUCH/CLAP

1-2            Rock forward on left foot, recover weight back onto right foot  
3-4            Turn ¼ left stepping to left on left foot, touch right beside left  
5-7            Full rolling turn to right  
8              Touch left foot beside right & clap

### SIDE, TOGETHER, FORWARD, HEEL-SPLIT, ROCK FORWARD, RECOVER, TRIPLE ½ TURN

1-2            Step to left on left foot, step on right foot beside left  
3&4            Step forward on left foot, split heels apart, bring heels together  
5-6            Rock forward on right foot, recover weight back onto left foot  
7&8            Shuffle back turning ½ turn over right shoulder

## REPEAT

## FINISH

After dancing 8 complete walls the music will come to a complete stop. You will be facing the home wall & here you will hold for a couple of seconds until the music kicks in again. Then do the 9th & final wall to finish (change the last triple ½ turn to a triple ¾ turn to ensure that you end facing front for a "nice" finish!)

