

San Antonio Stroll

拍數: 32 牆數: 4 級數: Improver polka
編舞者: Jo Thompson Szymanski (USA)
音樂: San Antonio Stroll - Tanya Tucker



These are polka type songs, but this dance can also be done to cha-cha or west coast swing type songs as well

POLKA FORWARD RIGHT, LEFT, RIGHT, LEFT

1&2 Step forward with right foot, step together with left foot, step forward with right
3&4 Step forward with left foot, step together with right foot, step forward with left
5&6 Step forward with right foot, step together with left foot, step forward with right
7&8 Step forward with left foot, step together with right foot, step forward with left

ROCK, RECOVER, POLKA BACK RIGHT, POLKA BACK LEFT, ROCK BACK, RECOVER

1-2 Rock forward with right foot, recover weight back to left foot
3&4 Step back with right foot, step together with left, step back with right
5&6 Step back with left foot, step together with right, step back with left
7-8 Rock back with right foot, recover weight forward to left foot

Turning variation of above: on counts 3&4, 5&6 complete one full turn right by doing this:

3&4 Turn $\frac{1}{4}$ right, step right foot to right side, step together with left, turn $\frac{1}{4}$ right, step forward with right
5&6 Turn $\frac{1}{4}$ right, step left foot to left side, step together with right, turn $\frac{1}{4}$ right, step back with left

HEEL, TOE, POLKA RIGHT SIDE, HEEL, TOE, POLKA LEFT SIDE

1-2 Touch right heel to right forward diagonal, touch right toe beside left (or across in front of left if you prefer)
3&4 Step right foot to right side, step together with left, step right foot to right side
5-6 Touch left heel to left forward diagonal, touch left toe beside right (or across in front of right if you prefer)
7&8 Step left foot to left side, step together with right, step left foot to left side

STROLL 6, STEP, $\frac{1}{4}$ TURN LEFT

1-3 Step forward with right foot turning body $\frac{1}{8}$ left, step left foot crossed behind right, turn body $\frac{1}{8}$ right to square up to front and step forward with right foot
4-6 Step forward with left foot turning body $\frac{1}{8}$ right, step right foot crossed behind left, turn body $\frac{1}{8}$ left to square up to front and step forward with left foot
7-8 Step forward with right foot, turn $\frac{1}{4}$ left, shifting weight to left foot

REPEAT

ENDING

When using the Tanya Tucker song, at the end of the song the dance will finish on the stroll forward. Complete counts 1-3 of the stroll, then stomp the left foot forward for a big finish!