

Stone Cold Polka

COPPER KNOB
BY STEPHEN METZ

拍數: 24 牆數: 4 級數: Beginner polka
編舞者: Johnny J.
音樂: Cajun Moon - Ricky Skaggs



POLKA FORWARD TWICE, HEEL SWITCHES, STEP, HEEL SPLIT

- 1&2 Step forward on the left foot, step right next to left, step forward on the left foot
- 3&4 Step forward on the right foot, step left next to right, step forward on the right foot
- 5& Touch left heel forward, step left foot next to right
- 6& Touch right heel forward, step right foot next to left
- 7&8 Step slightly forward on left foot, fan heels out, return heels to center (ending with the weight on right foot)

SKIP BACK TWICE, POLKA BACK, COASTER STEP, CROSS ROCK

- 9& Hitch left knee while scooting back on right foot, step left foot back
- 10& Hitch right knee while scooting back on left foot, step right foot back
- 11&12 Step back on left foot, step right next to left, step back on left foot
- 13&14 Step back on right foot, step left next to right, step right foot forward
- 15&16 Cross rock left foot over right, recover weight to the right foot

POLKA LEFT, CROSS ROCK, POLKA ¼ TURN RIGHT, WALK, WALK

- 17&18 Step left to the left side, step right next to left, step left to the left side
- 19-20 Cross rock right foot over left, recover weight to the left foot
- 21&22 Step right to the right side, step left next to right, make ¼ turn right (to the right) and step right foot forward (3:00)
- 23-24 Walk forward left, right

A harder option for the "brave": do a full turn instead of walking - make ½ turn to the left and step left foot back on 7, then make another ½ turn to the left on 8 and step right foot forward

REPEAT
