

This Must Look Bad

拍數: 56 牆數: 4 級數: Intermediate/Advanced polka
編舞者: Teea Riihuhta & Hanne Riihuhta
音樂: Two More Pairs Of Feet - Tony Lewis



2 SHUFFLES MOVING BACKWARD TURNING A FULL TURN TOTAL, SHUFFLE BACK, COASTER STEP

- 1&2 Right shuffle back turning ½ right (right, left, right)
3&4 Left shuffle forward turning ½ right left, right, left
5&6 Right shuffle back right, left, right
7&8 Step left back, step right next to left, step left forward (left coaster step)

RIGHT SHUFFLE FORWARD, BRUSH, HOOK & TURN ½, REPEAT WITH LEFT FOOT

- 1&2 Right shuffle forward right, left, right
3-4 Brush left forward, hook left over right as you turn ½ right (weight on right)
5&6 Left shuffle forward left, right, left
7-8 Brush right forward, hook right over left as you turn ½ left (weight on left)

JUMP OUT, JUMP CROSS, UNWIND, HOLD, KICK, KICK, KICK TWICE

- 1-2 Jump and land with both feet apart, jump and land with right crossed over left
3-4 Unwind turning ½ left over counts 3-4
5&6& Kick right forward & across left, step right next to left, kick left forward & across right, step left next to right
7-8 Kick right forward & across left twice

TURN ¼ RIGHT & SHUFFLE FORWARD, ½ TURN RIGHT, SYNCOPATED STEP SLIDES, TOUCH SIDE

- 1&2 Turn ¼ right and do a right shuffle forward right, left, right
3-4 Step left forward & turn ½ right, step right in place
5&6&7-8 Step left forward, slide right up to left, step left forward, slide right up to left, step left forward, touch right toe to right side

This resembles a "gallop" like a horse

SAILOR SHUFFLE WITH A WRONG WAY TURN (LEFT), SAILOR SHUFFLE, WALK, WALK, SHUFFLE TURN

- 1&2 Cross right behind left, step left in place turning ¼ left, step right in place - feet slightly apart (right sailor shuffle with a ¼ turn left)
3&4 Cross left behind right, step right to right side, step left in place (left sailor shuffle)
5-6 Step right forward, step left forward
7&8 Right shuffle turning ½ left (right, left, right)

LEFT COASTER STEP, RIGHT SHUFFLE FORWARD, KICK TURN COMBINATION

- 1&2 Step left back, step right next to left, step left forward
3&4 Right shuffle forward right, left, right
5-6 Kick left forward, turn ½ right on ball of right foot & kick left back
7-8 Kick left forward, turn ¼ right on ball of right foot & kick left back

2 SHUFFLES MOVING FORWARD TURNING A FULL TURN RIGHT, ROCK STEP FORWARD, LEFT COASTER STEP

- 1&2 Left shuffle forward left, right, left turning ½ right
3&4 Right shuffle back right, left, right turning ½ right
5-6 Rock left forward, step right in place
7&8 Step left back, step right next to left, step left forward

REPEAT

Toward the end of the song there is a slow down & stop. This happens on the "gallop". Just wait until you hear the beat cues to start back up again, and continue where you left off!
