

Fool's Polka

COPPER KNOB
STEPSHEETS

拍數: 38 牆數: 4 級數: Intermediate
編舞者: John Robinson (USA)
音樂: I've Been a Long Time Leaving - Dean Miller



TRIPLE BACK RIGHT THEN LEFT, HEEL SWITCH WITH HOOK STEP

Travel straight back (towards 6:00) but angle body appropriately as you shuffle

- 1&2 With body angled diagonally right (to 1:30) right step back, left step next to right, step right back
- 3&4 With body angled diagonally left (to 11:30) left step back, right step next to left, step left back
- 5&6& Right heel touch forward, right step next to left, left heel touch forward, left step next to right
- 7&8 Right heel touch forward, right hook across left shin, step right forward

STEP FORWARD, TOUCH/CLAP, ½ TURN TRIPLE, STEP OUT-OUT, COASTER STEP

- 1-2 With body angled diagonally right (to 1:30) left step forward, right touch behind left/clap at same time
- 3&4 Pivot ½ right (to 6:00) stepping right forward, left step next to right, step right forward
- 5-6 Left step forward out to left side (push hips left for styling), right step out to right side (push hips right)
- 7&8 Left step ball of foot back, right step ball of foot next to left, step left forward

GALLOP ¼ TURN RIGHT, ½ PIVOT RIGHT, LEFT STOMPING TRIPLE IN PLACE

Travel toward 9:00 as you begin this pattern

- 1&2& Pivot ¼ left (to 9:00) stepping right forward, left step next to right in 3rd position, step right forward, left step next to right in 3rd position
- 3&4 Step right forward, left step next to right in 3rd position, step right forward
- 5-6 Left step ball of foot forward, pivot ½ right (to 3:00) taking weight on right
- 7&8 Left stomp next to right, right stomp next to left, left stomp next to right

TRAVELING HEEL SWITCH & RIGHT TOUCH FORWARD, HEEL TWIST OUT-IN, TRAVELING HEEL SWITCH

- 1&2& Right heel touch forward, right step slightly forward, left heel touch forward, left step slightly forward
- 3&4 Right toe touch forward, right heel turn out to right side, right heel return home (stay on ball of right, weight on left)
- 5&6 Right heel touch forward, right step slightly forward, left heel touch forward

& RIGHT TOUCH FORWARD, HEEL TWIST OUT-IN, ¼ TURN LEFT, LEFT TOUCH NEXT TO RIGHT, ¼ TURN LEFT, RIGHT TOUCH NEXT TO LEFT, RIGHT TOE TOUCH OUT-IN-OUT

- &1&2 Left step slightly forward, right toe touch forward, right heel turn out to right side, right heel return home (stay on ball of right, weight on left)
- 3-4 Pivot ¼ left (to 12:00) stepping right side right, left touch next to right
- 5-6 Pivot ¼ left (to 9:00) stepping left forward, right touch next to left
- 7&8 Right touch out to right side, right touch next to left, right touch out to right side

REPEAT

RESTART

Do the dance all the way through twice; on the third repetition you'll get to count 28 (the triple stomp in place) and start again (you'll be facing the 9:00 wall when this happens). Do the dance twice more; on the next repetition get to count 28 (the triple stomp) and start over (you'll be facing 6:00)