

# Continental Polka

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4  
編舞者: Louise G. Webber (USA)  
音樂: Alice - Jimmy Sturr

級數: Beginner



## RIGHT HEEL CROSS, RIGHT CHASSE'; LEFT HEEL CROSS, LEFT CHASSE'

1            Right heel touch forward  
2            Right toes cross (touch) over left  
3&4        Shuffle to side right-left-right  
5            Left heel touch forward  
6            Left toes cross (touch) over right  
7&8        Shuffle to side left-right-left

## WALK FORWARD (RIGHT-LEFT-RIGHT), KICK LEFT; WALK BACK (LEFT RIGHT), LEFT COASTER STEP

9            Step right forward  
10          Step left forward  
11          Step right forward  
12          Left kick forward  
13          Step left back  
14          Step right back  
15          Step left back  
&          Right step home  
16          Step left forward

## RIGHT HEEL CROSS, RIGHT CHASSE'; LEFT HEEL CROSS, LEFT CHASSE'

17          Right heel touch forward  
18          Right toes cross (touch) over left  
19&20      Shuffle to side right-left-right  
21          Left heel touch forward  
22          Left toes cross (touch) over right  
23&24      Shuffle to side left-right-left

## RIGHT JAZZ BOX; RIGHT JAZZ BOX WITH ¼ TURN RIGHT

25          Right cross (step) over left  
26          Step left back  
27          Right step to side  
28          Left step home  
29          Right cross (step) over left  
30          Step left back  
31          Right step to side with ¼ turn right  
32          Left step home

**REPEAT**

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