

Burnin' Polka

拍數: 32 牆數: 2 級數: Intermediate polka
編舞者: Kirsi-Marja Vinberg (FIN)
音樂: Burnin' the Honky Tonks Down - Alan Jackson



ROCK STEP, TURNING SHUFFLES RIGHT ½ & ½ FORWARD, BRUSH, HOP, STEP

- 1-2 Step left foot back, step right in place
3&4 Start turning right on the ball of the right foot ¼ before you step left to side, step right together, turn ¼ right and step left foot back (6:00)
5&6 Start turning on the ball of left foot ¼ right before you step right foot to side, step left together and turn ¼ more to right, step right foot forward (12:00)
7&8 Brush left foot forward, hop with right foot, step left forward

SHUFFLE TO SIDE, TURN ½ RIGHT, TURNING SHUFFLE ¼ RIGHT, DIAGONAL ROCK STEP BACK, DIAGONAL PIVOT TURN ½ LEFT

- 1&2 Step right to side, step left together, step right to right
& Turn ½ right on the ball of the right foot
3&4 Step left to side, right together and turn ¼ right, step left foot back
5-6 Rock right foot diagonal back left, step left in place
7-8 Step right foot diagonal left forward, turn ½ left, step left in place

STEP BACK, HEEL & CROSS & HEEL & CROSS & HEEL, HOLD AND CLAP, TOE, HEEL SLAP

- &1&2 Step right foot diagonal back to right(in place), touch left heel diagonally left forward, step left beside right, step right across left
&3&4 Step left foot diagonal back to left, touch right heel diagonally forward to right, step right beside left, step left across right
&5-6 Step right foot diagonal back to right, touch left foot diagonal forward left, hold with clap
7&8 Touch left toe behind right(diagonal right), touch left heel diagonal left forward, lift left foot to side and slap left foot with your left hand

ROCK STEP TURNING ¼ RIGHT, TURNING SHUFFLES FORWARD ½ & ½ RIGHT, HEEL TOUCH FORWARD, SYNCOPATED CLAPS

- 1-2 Rock left foot to side, step right in place and turn ¼ right
3&4 Turn ¼ right on the ball of the right foot and step left to side, right together and turn ¼ more to right, step left back
5&6 Turn ¼ right on the ball of the left foot and step right foot to side, left together and turn ¼ more to right, step right forward(6:00)
7&8 Touch left heel forward leaning your body back, clap hands together 2 times (&8)

REPEAT
