

Bits & Pieces Polka

拍數: 48
編舞者: Rick Bowen
音樂: Unknown

牆數: 0

級數:



Position: Varsouvienne Position.

- 1-2 Step left forward, cross/slide right behind left.
3-4 Step left forward, brush right next to left.
5-6 Step right to right side, cross/step left behind right.
- 7-8 Step right to right side, brush left next to right.
9-10 Step left forward (release left hand), pivot ½ turn to right.
11-12 Repeat steps 9-10.
13&14 Step left forward, step right next to left, step left forward.
15&16 Step right forward, step left next to right, step right forward.
17-20 Grapevine left, brush right next to left.
- 21-22 Step right forward (release right hand), pivot ½ turn to left.
23-24 Repeat steps 21-22.
25-26 Step right forward, cross/step left slightly behind right.
27-28 Step right forward, pivot ¼ turn to right hitching left.
29-32 Grapevine left, pivot ¼ turn to right hitching left.
33&34 Step right back, step left next to right, step right back.
- 35-36 Pump left forward twice (a pump is executed by doing a knee lift, then a slightly forward & down pumping action).
37&38 Step left back, step right next to left, step left back.
39-40 Pump right forward twice.
41-42 Step right forward (release right hand), pivot ½ turn to left.
43&44 Step right forward, step left next to right, step right forward.
- 45&46 Step left forward, step right next to left, step left forward.
47&48 Step right forward, step left next to right, step right forward.

REPEAT
