

BB Polka

拍數: 32 牆數: 2 級數: Intermediate polka
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音樂: Old Pop in an Oak - Rednex



SIT, SPOT VOLTA TURN, SYNCOPATED WEAVE, SYNCOPATED HEEL JACK

- 1 Feet together bend knees sit on heels
- 2 Feet together recover to standing position
- 3 Turn $\frac{1}{2}$ to the right and step right foot forward (face 6:00)
- & Turn $\frac{1}{4}$ turn to the right and small step left foot to the left (face 9:00)
- 4 Turn $\frac{1}{4}$ turn to the right and cross right foot over left foot (face 12:00), $\frac{1}{4}$ turn to the right
- & Step left foot to the left (12:00, face 3:00)
- 5 Cross right foot behind left foot
- & Step left foot to the left
- 6 Cross right foot in front of left foot
- & Step left foot to the left
- 7 Touch right heel diagonally in front (4:30)
- & Step right foot slightly back
- 8 Cross left foot in front of right foot, $\frac{1}{4}$ turn to the left (face 12:00)

TOE TAP STEP, SHUFFLE, BRUSH HOP TURN, KICK HEEL SLAP

- 1 Tap right foot behind left foot
- & Hop back onto left foot
- 2 Step right foot back, $\frac{1}{4}$ turn to the left
- 3 Step left foot to the left
- & Step right foot together, $\frac{1}{4}$ turn to the left
- 4 Step left foot forward (6:00)
- 5 Brush right foot forward
- & Hop onto left foot making $\frac{1}{2}$ turn to the left
- 6 Step right foot next to left foot (6:00, face 12:00)
- 7 Kick left foot forward
- 8 Step left foot next to right foot and flick right heel slapping it with right hand

KICK, POSE, FORWARD LOCK, FULL TURN, SKIPPING ROCK STEP

- 1 Turn $\frac{1}{4}$ turn to the right and kick right foot forward
- 2 Cross right foot in front of left knee
- 3 Step right foot forward (3:00)
- & Step left foot together
- 4 Step right foot forward, $\frac{1}{2}$ turn to the right
- 5 Step left foot back, $\frac{1}{2}$ turn to the right
- & Step right foot forward
- 6 Step left foot forward
- 7 Rock forward onto right foot
- & Skip back on right foot
- 8 Recover onto left foot
- & Skip on left foot making $\frac{1}{4}$ turn to the right (face 6:00)

GALLOPS, BRUSH HOP CROSS, TOE TAPS

- 1 Step right foot to the right (9:00)
- & Step left foot together
- 2 Step right foot to the right (9:00)

- & Step left foot together
- 3 Step right foot to the right (9:00)
- & Step left foot together
- 4 Step right foot to the right (9:00)
- 5 Brush left foot forward
- & Hop on right foot
- 6 Cross left foot in front of right foot
- 7 Tap right foot behind left foot
- & Hop on left foot
- 8 Tap right foot behind left foot

REPEAT
