

# Marinka Polka

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Birgitta Bergkvist (SWE) - July 2007  
音樂: Hop marinka - Atomik Harmonik



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## FORWARD ROCK RECOVER, COASTER STEP, STEP TURN ½ RIGHT, SHUFFLE

1-2      Rock right forward, recover to left  
3&4      Step right back, step left together, step right forward  
5-6      Step left forward, turn ½ right (weight to right)  
7&8      Step left forward, step right together, step left forward

## SIDE ROCK RECOVER, CROSS SHUFFLE, 2X TURN ¼ RIGHT, SHUFFLE

1-2      Rock right to side, recover to left  
3&4      Cross right over left, step left to side, cross right over left  
5-6      Turn ¼ right and step left back, turn ¼ right and step right forward  
7&8      Step left forward, step right together, step left forward

## STEP TURN ½ LEFT, SHUFFLE, FULL TURN RIGHT, ROCK & CROSS

1-2      Step right forward, turn ½ left (weight to left)  
3&4      Step right forward, step left together, step right forward  
5-6      Turn ½ right and step left forward, turn ½ right and step right back  
7&8      Rock left to side, recover to right, cross left over right

## SWAY, SWAY, SHUFFLE BACK, COASTER STEP, STEP WITH CLAP, STEP WITH CLAP

1-2      Step right to side and sway right, sway left  
3&4      Step right back, step left together, step right back  
5&6      Step left back, step right together, step left forward  
7-8      Step right forward (clap), step left forward (clap)

**REPEAT**

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