

Polka Dot

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Dynamite Dot (UK) - July 2007
音樂: I'm At Home On The Range - Suzy Boggus



16 count intro ? start on vocals.

1 - 8 Left lock & R lock/Fwd touch/R shuffle back

1, 2 & 3, 4 Step left fwd and lock right behind. On the & count place weight on left stepping slightly to left. Step fwd right and lock left behind

& 5, 6, 7 & 8 On the & count step right slightly to right. Step fwd on left and touch right to left heel. Do a right shuffle traveling back

9 - 16 2 x ½ shuffle turn L/Back rock/L kick & cross

1 & 2 3 & 4 Make 2 x ½ shuffle turns to left traveling back

5 6 7 & 8 Left back rock. Left kick to left diagonal. Left to side and cross right over left

17 - 24 L side rock/L & R sailor steps/L sailor ¼ turn L

1, 2, 3 & 4 Rock left to side and recover on right. Left sailor step

5 & 6, 7 & 8 Right sailor step. Left sailor step making ¼ turn to left

25 - 32 R tap kick shuffle back/L tap kick/L back rock

1 2 3 & 4 Tap right toe slightly fwd and kick right fwd. Right shuffle traveling back

5 6 7 8 Tap left toe slightly fwd and kick left fwd. Rock back on left and recover on right

Note: Polka is energetic and fun. Once familiar with steps, travel and make steps larger ? room