

New Double Trouble

拍數: 32 牆數: 4 級數: Beginner Polka
編舞者: Louise Elfvengren (NOR) - July 2008
音樂: Double Trouble - Travis Tritt & Marty Stuart : (CD: The restless kind)



Intro: 24 Counts.

Alternavtive music:

The Chieftains & Ricky Skaggs – Cotton eyed Joe; 16 counts intro.
Irish music fits very well, like Shamrocks – Ballymore Boys.

SECTION 1: HEEL GRIND $\frac{1}{4}$, COASTERSTEP, SHUFFLE, $\frac{1}{2}$ SHUFFLETURN

1-2 Dig right heel and turn $\frac{1}{4}$ right (weight on left foot) (3)
3&4 Step back onto right, bring left in place, step forward on right
5&6 Step left forward, step right next to left, step left forward
7&8 Turn $\frac{1}{2}$ right stepping right-left-right (9)

SECTION 2: CHASSE LEFT, SHUFFLE, $\frac{1}{4}$ CHASSE LEFT, HEEL HOOK

1&2 Step left to left side, close right beside left, step left to the side
3&4 Step right forward, step left next to left, step right forward
5&6 Turn $\frac{1}{4}$ left forward, close right beside left, step left to the side (12)
7-8 Right heel forward, hook right foot over left leg

SECTION 3: SHUFFLEBOX

1&2 Step right to right side, close left beside right, step right to the side (12)
3&4 Turn $\frac{1}{4}$ left , close right beside left, step left to the side (9)
5&6 Turn $\frac{1}{4}$ right, close left beside right, step right to the side (6)
7&8 Turn $\frac{1}{4}$ left , close right beside left, step left to the side (3)

SECTION 4: JAZZBOX $\frac{1}{4}$ TURN X 2

1-4 Cross step right over left, step left back, step right to right side, step left beside right (6)
5-8 Cross step right over left, step left back, step right to right side, step left beside right (9)

Note: When music gets faster make sure to take polkasteps when you dance

ENJOY THE DANCE
