

Apple Tree Polka

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: High Beginner / Easy Intermediate
編舞者: Michele Perron (CAN) - July 2010
音樂: Forevermore - Katie Herzig : (Album: Apple Tree - 2:13)



Introduction: Immediate - CW Rotation.

Sec. I (1- 8) TRIPLE FORWARD, FORWARD-&-FORWARD, FORWARD, LOCK, FORWARD, TOUCH

1&2 RIGHT Triple forward [R forward, L beside, R forward]
3&4 LEFT Rock/Step forward, RIGHT Recover/Step back. LEFT Step forward with 1/2 Turn L (6 o'clock)
5,6 RIGHT Step forward; LEFT Step forward & crossed behind R
7,8 RIGHT Step forward; Turn 1/4 R with LEFT Toe/Touch side L (9 o'clock)

Sec. II (9-16) ACROSS, SIDE, LEFT SAILOR, RIGHT SAILOR, BACK, TOUCH

1,2 LEFT Step across front of R; RIGHT Step side R
3&4 LEFT Sailor (Left crossed behind R, Right Step side R, Left Recover/Step side L)
5&6 RIGHT Sailor (Right crossed behind L, Left Step side L, Right Recover/Step side R)
7,8 Turn 1/4 L with LEFT Step back; RIGHT Toe/Tap back diagonal R [face diagonal L] (6 o'clock) [slight twist action on count 8]

Sec.III (17-24) TURN, TURN, TRIPLE SIDE, FORWARD-&-BACK, BACK-&-FORWARD

1,2 Turn 1/4 R with RIGHT Step across front of L & forward
2 T urn 1/4 R with LEFT Step back & behind R
3&4 RIGHT Triple Step side with 1/4 Turn R [Turn/side, L step beside, R side] (3 o'clock)
5&6 LEFT Rock/Step forward; RIGHT Recover/Step back, LEFT Step back*
(* facing R diagonal)
7&8 RIGHT Rock/Step back, LEFT Recover/Step forward, RIGHT Step forward*
(*facing R diagonal)

Sec.IV (25-32) CROSS/ROCK, RECOVER/BACK, TRIPLE TURN, FORWARD, TURN, FORWARD, SIDE

1,2 LEFT Rock/Step across front of R; RIGHT Recover/Step back
3&4 LEFT Triple Step with 1/4 Turn L [L side, R beside, L forward/turn] (12 o'clock)
5,6 RIGHT Step forward; Turn 1/2 L with LEFT Step forward (6 o'clock)
7,8 RIGHT Step forward; Turn 1/4 L with L Step side (3 o'clock)

Begin Again

** Dance ends facing front wall...Smiles.

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