

Boeremeisie Polka 2011

COPPERKNOB
STEPPESHEETS

拍數: 48 牆數: 4 級數: Improver (Polka Motion)
編舞者: Sebastiaan Holtland (NL) - August 2011
音樂: Dans Met My Baby - Lianie May : (Album: Boeremeisie 2009)



32 count intro start on the vocals (15 Sec) - (No Tags, No Restarts)

Sec 1: [1-8] Fwd Rock, Recover, Back Toe Tap, Step, Point Back, 1/2 Unwind L, 1/4 Pivot L

1-2 Rock Rf forward, recover on Lf (12:00)
3&4 Tap R toe back, Hop Lf back (scoot), step Rf back weight onto Rf
5-6 Point Lf back, unwind 1/2 left (6) take weight onto Lf
7-8 Step Rf forward, turn 1/4 left (3) take weight onto Lf

Sec 2: [9-16] Step, Heel Twist, Step, Heel Twist, Point Back, 1/2 Unwind L, 1/4 Pivot L

1&2 Step Rf forward, twist both heels to right, twist both heels back to center take weight onto Rf (3:00)
3&4 Step Lf forward, twist both heels to left, twist both heels back to center take weight onto Rf
5-6 Point Lf back, unwind 1/2 left (9) take weight onto Lf
7-8 Step Rf forward, turn 1/4 left (6) take weight onto Lf

Sec 3: [17-24] Right Chasse In Gallops, 1/4 Turn L, Left Shuffles Fwd In Gallops

1&2& Step Rf to the right, step Lf next to Rf, step Rf to the right, step Lf next to Rf weight onto Lf (6:00)
3&4 Step Rf to the right, step Lf next to Rf, step Rf to the right weight onto Rf
5&6& Turn 1/4 left (3) step Lf forward, step Rf beside Lf, step Lf forward, step Rf beside Lf weight onto Rf
7&8 Step Lf forward, step Rf beside Lf, step Lf forward weight onto Lf (3:00)

Sec 4: [25-32] Touch, Flick, Heel Flick (Right), Chasse, Touch, Flick, Heel Flick, Chasse (Left)

1&2& Touch Rf forward, flick right heel slightly up in front of left leg, touch Rf forward, flick R heel up (3)
3&4 Step Rf to the right, step Lf next to Rf, step Rf to the right weight onto Rf
5&6& Touch Lf forward, flick left heel slightly up in front of left leg, touch Lf forward, flick L heel up
7&8 Step Lf to the left, step Rf next to Lf, step Lf to the left weight onto Lf (3:00)

Sec 5: [33-40] Chasse R, 3x Chasse L-R-L with 1/4 Turn L (Square Chasse)

1&2 Step Rf to the right, step Lf next to Rf, step Rf to the right weight onto Rf
3&4 Turn 1/4 left (12) step Lf to the left, step Rf next to Lf, step Lf to the left weight onto Lf
5&6 Turn 1/4 left (9) Step Rf to the right, step Lf next to Rf, step Rf to the right weight onto Rf
7&8 Turn 1/4 left (6) step Lf to the left, step Rf next to Lf, step Lf to the left weight onto Lf

Sec 6: [41-48] Heel Switches R-L-R (travelling fwd), Clap, Clap, 1/4 Turn L, Heel Switches L-R-L (travelling fwd), Clap, Clap, Together

1&2& Bring R heel forward, step Rf back in place, bring L heel forward, step Lf back in place weight onto Lf (heel switches travelling fwd) (6:00)
3&4 Bring R heel forward holding weight onto Lf, Clap, Clap
&5&6& Turn 1/4 left (3) step Rf back in place, bring Lf heel forward, step Lf back in place, bring R heel forward, step Rf back in place (heel switches travelling fwd)
7&8& Bring L heel forward holding weight onto Rf, Clap, Clap, step Lf next to Rf weight onto Lf (3:00)

Start Again, Enjoy!

