

St. Paddy's Polka

COPPER KNOB
STEP SHEETS

拍數: 40 牆數: 4 級數: Beginner - Polka
編舞者: GYTAL (USA) - February 2012
音樂: St. Patty's Polka Medley (feat. Dermot O'Brien) - Jimmy Sturr : (CD: Touched By A Polka)



OR - Any Polka

Start dancing on lyrics

RIGHT HEEL, RIGHT KICK, TRIPLE IN PLACE, LEFT HEEL, LEFT KICK, TRIPLE IN PLACE

1-2 Touch right heel slightly forward, kick right forward
3&4 Triple in place stepping right, left, right
5-6 Touch left heel slightly forward, kick left forward
7&8 Triple in place stepping left, right, left

RIGHT TRIPLE FORWARD, LEFT TRIPLE FORWARD, RIGHT ROCK, LEFT RECOVER, RIGHT COASTER

1&2 Chassé forward right, left, right
3&4 Chassé forward left, right, left
5-6 Rock right forward, recover to left
7&8 Step right back, bring left to right, step right forward

LEFT TRIPLE BACK, RIGHT TRIPLE BACK, LEFT ROCK BACK, RIGHT RECOVER FORWARD, LEFT TRIPLE FORWARD

1&2 Chassé back left, right, left
3&4 Step right back, bring left to right, step right back
5-6 Rock right back, recover to left
7&8 Chassé forward left, right, left

JAZZ BOX, ¼ TURN TO RIGHT JAZZ BOX

1-4 Cross right over left, step left back, step right together, step left together
5-8 Cross right over left, step left back & turn ¼ to right, step right together, step left together

RIGHT TOUCH FORWARD, RIGHT TOUCH SIDE, RIGHT TRIPLE IN PLACE, LEFT TOUCH FORWARD, LEFT TOUCH SIDE, LEFT TRIPLE IN PLACE

1-2 Touch right toe slightly forward, touch right to side
3&4 Step right forward, step left forward, step right forward
5-6 Touch left toe slightly forward, touch left to side
7&8 Step left forward, step right forward, step left forward

REPEAT