

Belfast Polka

拍數: 160 牆數: 0 級數: Phrased Intermediate
編舞者: Don Pascual (FR) - January 2013
音樂: Belfast Polka / Pennsylvania Railroad - Celtic Thunder



Start when the tin whistle starts to play

Sequence: A - Tag - B - C - C16 - B - C - C32 – Final

Part A (64)

Section 1: Step R to the R, behind, side, cross, side toe switches, sailor cross with L ¼ T, clap, clap

1 Step R to the R
2&3 Cross L behind R, step R to the R, cross L over R
4&5 point R toe to R side, R beside L, point L toe to L side
6&7 Cross L behind R, ¼ T to the L & step R to the R, cross L over R
&8 Clap, clap (above your right shoulder)

Section 2: Step R to the R, R cross mambo with L ¼ T , fwd R coaster step, full triple turn, stomps R&L

1 Step R to the R
2&3 Cross L over R, recover onto R, ¼ T to the L & step L forward
4&5 Step R forward, step L together, step R back
6&7 Turn ½ T to the L & step L forward, step R beside L, ½ T to the L & step L forward
&8 Stomp R beside L, stomp L beside R

Sections 3 and 4: Repeat sections 1 and 2

Section 5: Step R to the R, L cross shuffle, cross, point R to the R, step R beside L, hitch L, point R to the R, step R beside L, L brushes

1 Step R to the R
&2&3 Cross L over R, step R to the R, cross L over R ,step R to the R
&4 Cross L over R, point R toe to R side
&5 Step R beside L, hitch L,
&6 L beside R, point R toe to R side
&7&8 Step R beside L, brush L forward, brush L across R, brush L forward

Section 6: Step L to the L, R cross shuffle, cross, point L to the L, step L beside R, hitch R, point L to the L, step L beside R, R brushes

1 Step L to the L
&2&3 Cross R over L, step L to the L, cross R over L ,step L to the L
&4 Cross R over L, point L toe to L side
&5 Step L beside R, hitch R,
&6 R beside L, point L toe to L side
&7&8 Step L beside R, brush R forward, brush R across L, brush R forward

Section 7: R Step lock step lock step lock step, L&R side toe switches, ½ T to the R , L scuff hitch stomp

1 Step R forward
&2&3&4 (Lock L behind R, step R forward) x3
5&6 Point L toe to L side, step L beside R, point R toe to R side
&7&8 Make a ½ turn R on ball of L foot stepping R foot next to L, scuff, hitch stomp L beside R

Section 8: Repeat section 7

Repeat the 8 counts of section 7

Part B (32)

Section 1: R side shuffle, L hitch & ¼ T to the R , L side shuffle, R hitch & ¼ T to the R , R side shuffle, L hitch, L shuffle forward

1&2 Step R to R side, L next to R, R to R side
&3&4 Hitch L making a ¼ turn R, step L to L side, R next to L, L to L side
&5&6 Hitch R making a ¼ turn R, step R to R side, L next to R, R to R side
&7&8 Hitch L, step L forward, step R together, step L forward

Section 2: R hook combination, L hook combination, R &L heel switches, R stomp up x3

1&2& Heel R forward, hook R across L shin, heel R forward, R next to L
3&4& Heel L forward, hook L across R shin, heel L forward, L next to R
5&6& Heel R forward, R next to L, heel L forward, L next to R
7&8 (Stomp up R next to L) x3

Sections 3 and 4: repeat sections 1 and 2

Sections 3 and 4: repeat the 16 counts of sections 1 and 2

Style: Hands at your belt during Part B

Part C (64):

Sections 1 to 4: identical to Part A, sections 5 to 8

Section 5: R sailor step, L hook, L shuffle fwd, R fwd mambo with ½ T to the R, full turn to the R, L stomp

1&2 Cross R behind L, step L to slightly to L side, step R slightly to R side
&3&4 Hook L across R shin (with a little hop), step L forward, step R together, step L forward
5&6 Rock R forward, recover onto L, step R forward making a ½ turn R
7&8 Step L back making a ½ turn R, step R forward making a ½ turn R, stomp L next to R

Section 6: repeat section 5

Section 6: repeat the 8 counts of section 5

Section 7: R rocking chair, R rolling vine, clap x2

1-2 Rock R forward, recover onto L
3-4 Rock R back, recover onto L
5-7 ¼ turn R & Step R forward, ½ turn R & step L back, ¼ turn R & step R to R side
&8 clap, clap (above your right shoulder)

Section 8: L rocking chair, L rolling vine, clap x2

1-2 Rock L forward, recover onto R
3-4 Rock L back, recover onto R
5-7 ¼ turn L & Step L forward, ½ turn L & step R back, ¼ turn L & step L to L side
&8 clap, clap (above your left shoulder)

Style: Section 7 and 8: you can jump while making your rocking chairs

Tag (8 counts):

(R stomp to the R, L scuff beside R, L stomp to the L, R scuff beside L) x2

1-2 R stomp to R side, L scuff beside R
3-4 L Stomp to L side, R scuff beside L
5-6 R stomp to R side, L scuff beside R
7-8 L Stomp to L side, R scuff beside L

Style: Hands at your belt during the tag

Final (16 counts):

R side big step, slide L beside R, stomp L&R, L side big step, slide R beside L, stomp R&L, R fwd rock step, stomp R beside L, clap, clap, L fwd rock step, stomp L beside R, clap, clap

1 Big step R to R side,
2-3 Slide L beside R

&4 Stomp L beside R, stomp R beside L

5 Big step L to L side,
6-7 Slide R beside L
&8 Stomp R beside L, stomp L beside R

1-3 Rock R forward, recover onto L, stomp R beside L
&4 Clap, clap (above your right shoulder)

5-7 Rock L forward, recover onto R, stomp L beside R
&8 Clap, clap (above your left shoulder)

Have fun with that dance!!!

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