

Traktor Polka

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Aiden Fryer (UK) - June 2014
音樂: Traktor polka - Atomik Harmonik



START ON WORDS VOCALS COUNTS

SIDE ROCK TOGETHER, SIDE ROCK RECOVER, BEHIND KICK BALL CROSS SIDE

1-2& Rock right to right side recover on left step right next to left
3-4 Rock left to left side, recover on right to right side
5-6& step down on left foot behind right, kick right to right side, step down on right
7-8 Cross left over right step right to right side

ROCK BACK RECOVER SHUFFLE ¼ FULL TURN RIGHT SHUFFLE FORWARD

1-2 Rock left behind right recover on right foot
3&4 Shuffle ¼ left stepping left forward, step right next to left step forward on left
5-6 ½ over left shoulder, step back on right, ½ over left step left foot forward
7&8 Right shuffle forward stepping right forward, left next to right, step right foot forward

ROCK FORWARD LEFT RECOVER BACK, LEFT COASTER STEP, RIGHT ROCKING CHAIR

1-2 Rock forward on left recover on right
3&4 Left coaster step left back, right next to left, step left foot forward
5-6 Rock forward on right, recover on left
7-8 Rock back on right, recover onto left foot stepping forward

STEP ¼ STEP ¼ JAZZBOX WITH CROSS

1-2 Step forward on right, make ¼ left weight onto left foot
3-4 Step forward on right, make ¼ left weight onto left foot
5-6 Cross right over left, step back on left
7-8 Step right foot to right side, cross left over right

Optional Hands as you rock to side, bring arms up on **HANDS UP AND OUT**

END OF DANCE - ENJOY

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Last Update - 27 April 2021