Polka Anyone?

拍數: 32 **牆數:** 2 **級數:** Beginner

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音樂: Cowboy Yoddle Song - Michelle Ryser

或: any polka song of choice

TWO TRIPLE STEPS FORWARD, TWO TRIPLE STEPS BACK

1&2 3&4	Triple forward right-left-right, left-right-left
5&6 7&8	Triple back right-left-right, left-right-left

HEEL DIGS FORWARD, DIAGONAL, SIDE, STEP TOGETHER,
REPEAT TO THE LEFT.**

1-4	Touch R heel fwd, diagonal, side, step R next to L.
5-8	Touch L heel fwd, diagonal, side, step L next to R.

TRIPLE STEP TO SIDE, ROCK BACK, RECOVER, REPEAT TO LEFT

1&2 3-4	Triple step to side right-left-right, step L back, step R in place
5&6 7-8	Triple step to side left-right-left, step R back, step L in place

STEP FORWARD, TURN ¼ LEFT; KICK BALL CHANGE. REPEAT.

1-2 3&4	Step R fwd, ¼ L, weight to L. Kick R, step ball of R foot slightly back, step L foot in place.
5-6 7&8	Step R fwd, ¼ L, weight to L. Kick R, step ball of R foot slightly back, step L foot in place

Start over and SMILE, sing along or yoddle!!

****One Restart after 16 counts on wall 5, facing 12 o'clock.**

Harder option for section 2:
Heel rock-recover, step together R & L

1&2&3&4	Step R heel fwd, L in place, R heel to diagonal, L in place, R heel to side, L in place, step R. together
5&6&7&8	Repeat above with L heels.

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