

P & D Polka

Choreographie: Pim van Grootel

Beschreibung: 32 count, 2 wall, Lilt (Polka) Newcomer

Musik: "Cowboy Charleston" aka "Thirty Days" by The Tractors (BPM 114)

SHUFFLE FWD, STEP, ½ TURN, STEP, SCUFF ½ TURN, COASTER STEP

- 1 RF step forward
- & LF step next to RF
- 2 RF step forward
- 3 - 4 LF step forward, RF ½ turn right (6:00)
- 5 - 6 LF step forward, RF scuff and make ½ turn left on LF (12:00)
- 7 & 8 RF step back & LF step next to RF, RF step forward

¼ TURN SIDE SHUFFLE, KICK BALL CROSS, SIDE SHUFFLE, KICK BALL CROSS

- 1 LF ¼ turn right step side left (3:00)
- & RF step next to LF
- 2 LF step side left
- 3 RF kick forward
- & RF step next to LF
- 4 LF cross over RF
- 5 RF step side right
- & LF step next to RF
- 6 RF step side right
- 7 LF kick forward
- & LF step next to RF
- 8 RF cross over LF

CROSS SHUFFLE FULL TURN, ROCK, RECOVER, SAILOR STEP

- 1 LF ¼ left & cross over RF (12:00)
- & RF small step side right
- 2 LF ¼ left & cross over RF (9:00)
- & RF small step side right
- 3 LF ¼ left & cross over RF (6:00)
- & RF small step side right
- 4 LF ¼ left & cross over RF (3:00)
- 5 - 6 RF rock side right, LF recover
- 7 RF cross behind LF
- & LF step side left
- 8 RF step side right and slightly forward

BEHIND, SIDE, CROSS, ROCK, ¼ TURN, SHUFFLE ½ TURN, COASTER STEP

- 1 LF cross behind RF
- & RF step side right
- 2 LF cross over RF
- 3 - 4 RF rock side right, LF ¼ turn left recover (12:00)
- 5 RF ¼ turn left step side right (9:00)
- & LF step next to RF
- 6 RF ¼ turn left step back (6:00)
- 7 & 8 LF step back & RF step next to LF, LF step forward

REPEAT