

I Sing a Polka

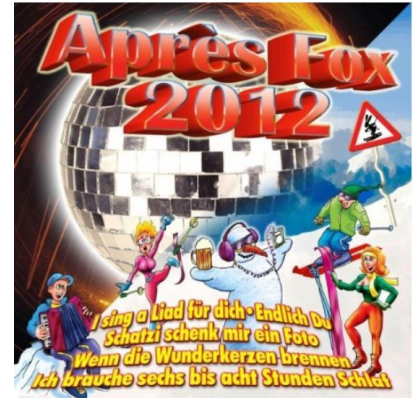
Choreographer: Karen Tripp, June 2014

Level: Beginner Polka

Walls: 1 wall, no tags or restarts, ends facing 12:00

Music: I Sing a Liad für dich by DJ Alpi (3:11 mins)

Album: Après Fox 2012 (Amazon & iTunes)



32-count wait, weight on left, right foot free

2 POLKA STEPS FORWARD (RIGHT, LEFT), ROCK FORWARD, RECOVER, RIGHT ½ TURN SHUFFLE

1&2 Shuffle forward stepping right, left, right

3&4 Shuffle forward stepping left, right, left

5-6 Rock forward on right, recover on left

7&8 Turn ¼ right and step right, close left to right, turn ¼ right and step right

2 POLKA STEPS FORWARD (LEFT, RIGHT), ROCK FORWARD, RECOVER, COASTER STEP

9&10 Shuffle forward stepping left, right, left

11&12 Shuffle forward stepping right, left, right

13-14 Rock forward on left, recover on right

15&16 Step back on left, close right to left, step forward left

RIGHT HEEL GRIND ¼ RIGHT (keep wt on left), RT COASTER STEP, PADDLE TURN, CROSSING SHUFFLE

17-18 Stomp on right heel slightly forward turning toes in, swivel toes to the right as you turn the body right ¼, keeping weight on the left

19&20 Step back on right, close left to right, step forward on right

21-22 Step forward on left, turn ¼ right and step on right

23&24 Cross shuffle stepping left, right, left

4-COUNT VINE, SWAY RIGHT, LEFT, RIGHT, LEFT

25-26 Step side on right, cross left behind

27-28 Step side on right, cross left over right

29-30 Sway with weight right, left

31-32 Sway with weight right, left

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