

# Polkaniesta

Count: 32

Wand: 4

Ebene: Low Intermediate

Choreograf/in: Nancy Morgan (USA) - March 2016

Musik: Love Runs - Tim McGraw



Practice Song: Here Tonight by Tim McGraw

◆ Begin after 36 Counts or when he starts singing ◆ BPM: 112

**Shuffle forward, Step, pivot ½ turn, Shuffle forward, Step back ½ Turn, Step forward ¼ turn**

- 1&2 Shuffle Forward – Right-Left-Right
- 3,4 Step forward on Right, Pivot ½ turn to Right (Weight ends on Left)
- 5&6 Shuffle forward – Left-Right-Left
- 7 Step Back on Right ½ turn to Left
- 8 Step forward on Left ¼ turn to Left

**Rock Step & Rock Step, Back Shuffle, Rock back**

- 1,2 Rock forward on Right and back on Left
- & Step Right Next to Left
- 3,4 Rock forward on Left and back on Right
- 5&6 Back Shuffle – Left-Right-Left
- 7,8 Rock back on Right and forward on Left

**Side Shuffle, Rock Step, 2 Kick-Ball-Crosses**

- 1&2 Right side shuffle – Right-Left-Right
- 3,4 Rock back on Left and forward on Right
- 5&6 Kick-Ball-Cross – Kick Left foot slightly forward, step Left slightly back, Cross Right over Left
- 7&8 Kick-Ball-Cross – Kick Left foot slightly forward, step Left slightly back, Cross Right over Left as you turn slightly to Left ¼ turn

**Step Pivot, Shuffle forward, Step Pivot, Cross, Step back**

- 1,2 Step forward on Left, pivot ½ turn to Right (Weight ends on Right)
- 3&4 Shuffle forward – Left-Right-Left
- 5,6 Step forward on Right, Pivot ¼ turn to Left (Weight ends on Left)
- 7,8 Cross Right over Left, step back on Left as you lift Right foot slightly off ground

**Begin Again!**

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