

On The Double

Count: 32

Wand: 4

Ebene: Improver polka

Choreograf/in: Kathy Hunyadi (USA)

Musik: Fall Like Rain - Eric Clapton



This dance has a "polka" feel to it. Any lively double two step or shuffle music will work!

SHUFFLE, TURN, SHUFFLE, TURN, SHUFFLE, WALK, WALK

- 1&2 Shuffle forward right, left, right; turn ½ right pivoting on ball of right foot
- 3&4 Shuffle back left, right, left; turn ½ right pivoting on ball of left foot (you will be turning a full turn traveling forward)
- 5&6 Shuffle forward right, left, right
- 7-8 Walk forward left, right

SAILOR SHUFFLE, ¼ TURN, SAILOR SHUFFLE, ROCK STEP, COASTER STEP

- 1&2 Cross left foot behind right, step slightly right on right foot, step left in place
- 3&4 Turning ¼ to right cross right foot behind left, step slightly left on left, step right foot in place
- 5-6 Rock step forward on left foot, rock back on right foot
- 7&8 Step back on left foot, together with right, step forward on left

SIDE SHUFFLE, ½ TURN, SIDE SHUFFLE, KICK BALL CHANGE, ¼ TURN

- 1&2 Shuffle side right right-left-right; turn ½ to right pivoting on ball of right foot
- 3&4 Shuffle side left left-right-left
- 5&6 Kick right foot forward, step on ball of right foot, step left foot in place
- 7-8 Step forward on right foot, turn ¼ left on ball of right foot, step left foot in place

CROSSING SHUFFLE, ¼ TURN, ½ TURN, COASTER STEP, WALK, WALK

- 1&2 Cross right foot in front of left, step slightly left on left, cross right in front of left
- 3-4 Step ¼ to left on left foot, turn ½ to left on ball of left foot, step back on right foot
- 5&6 Step back on left foot, together with right, step forward on left
- 7-8 Step forward on right foot, step forward on left foot

REPEAT