

Claudis Polka (Frisch und echt)

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Count: 32

Wall: 4

Level: Improver

Choreographer: Claudia Arndt (DE) - June 2021

Music: Frisch und echt - Florian Fesl



Start dance after the yodel intro on lyrics

S1: (Vaudevilles:) Cross-side-heel & cross-side-heel & walk, walk, kick-ball-change

- 1& Cross R over L, step L to left side
- 2& Touch right heel diagonally right forward, step R next to L
- 3& Cross L over R, step R to right side
- 4& Touch left heel diagonally left forward, step L next to R
- 5-6 Step R forward, step L forward
- 7&8 Kick R forward, step R next to L, step L on place

S2: Chassé right, ¼ turn left/chassé left, ¼ turn left/chassé right, ¼ turn left stomp, stomp

- 1&2 Step R to right side, step L next to R, step R to right side
- 3&4 Turn ¼ left and step L to left side, step R next to L, step L to left side (9:00)
- 5&6 Turn ¼ left and step R to right side, step L next to R (6:00)
- 7&8 Turn ¼ left and stomp L beside R, stomp R beside L (Without changing weight) (3:00)

S3: Cross, side, cross shuffle, rock side, cross shuffle

- 1-2 Cross R over L, step L to left side
- 3&4 Cross R over L, step L to left side, cross R over L
- 5-6 Step L to left side, weight back on R
- 7&8 Cross L over R, step R to right side, cross L over R

S4: Side, together, step, pivot ¼ left 2x, kick-ball-change

- 1-2 Step R to right side, step L next to R
- 3-4 Step R forward, turn ¼ left on both balls (weight on L) (12:00)
- 5-6 Step R forward, turn ¼ left on both balls (weight on L) (9:00)
- 7&8 Kick R forward, step R next to left, step L on place

Start dance from the beginning.

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