

# ALPEN POLKA

**COPPER KNOB**  
DANCE CONNECTIONS

**Count:** 32    **Wall:** 2    **Level:** beginner/intermediate

**Choreographer:** Trent & Mary Cummings

**Music:** Never Stop The Alpen Pop by D.J. Otzi



Dance begins after they count 1-2-3-4 in German

## **3 HEEL TAPS, HEEL HOOK, 2 POLKA STEPS FORWARD**

- 1-3                    Tap right heel forward 3 times
- 4                     Hook right foot in front of left
- 5&6                  Triple forward right-left-right
- 7&8                  Triple forward left-right-left

## **TURNING JAZZ BOX, 2 POLKA STEPS FORWARD**

- 9-10                  Cross right foot over left, turn  $\frac{1}{4}$  turn left while stepping back on left foot
- 11-12                Step slightly to the right on right foot, bring left foot together with the right (putting weight on it)
- 13&14                Triple forward right-left-right
- 15&16                Triple forward left-right-left

## **STOMP, STOMP, DOWN, UP, POLKA BACK, COASTER STEP**

- 17-18                Stomp right foot in place, stomp left foot in place
  - 19-20                While bending both knees move body down, then straighten back up
- While doing steps 19-20, place hands on waist.
- 21&22                Triple backward right-left-right
  - 23&24                Step back on left foot, bring right foot together with left, step forward on left foot

## **TURNING JAZZ BOX, STOMP, STOMP, CLAP, CLAP, CLAP**

- 25-26                Cross right foot over left, turn  $\frac{1}{4}$  turn left while stepping back on left foot
- 27-28                Step slightly to the right on right foot, bring left foot together with the right (putting weight on it)
- 29-30                Stomp right foot in place, stomp left foot in place
- 31-32                Hold and clap hands 3 times

**REPEAT**