

# P & D Polka

Count: 32

Wall: 2

Level: Newcomer

Choreographer: Pim van Grootel (NL) & Daniel Trepal (NL) - July 2007

Music: Thirty Days - The Tractors



## Shuffle fwd, pivot ½ turn right, step fwd, scuff ½ turn left, coasterstep.

- 1 RF Step forward
- & LF Step next to RF
- 2 RF Step forward
- 3 LF Step forward
- 4 RF ½ turn right and step forward
- 5 LF Step forward
- 6 RF Scuff and make a ½ turn left
- 7 RF Step back
- & LF Step next to RF
- 8 RF Step forward

## ¼ Turn right and shuffle left, kick-ball cross, shuffle right, kick-ball cross.

- 1 LF ¼ turn right and step to the left
- & RF Step next to LF
- 2 LF Step to the left
- 3 RF Kick forward
- & RF Step next to LF
- 4 LF Cross over RF
- 5 RF Step to the right
- & LF Step next to RF
- 6 RF Step to the right
- 7 LF Kick forward
- & LF Step next to RF
- 8 RF Cross over LF

## Cross shuffle full turn left, side rock, sailorstep.

- 1 LF ¼ turn left and cross over RF
- & RF Small step to the right
- 2 LF ¼ turn left and cross over RF
- & RF Small step to the right
- 3 LF ¼ turn left and cross over RF
- & RF Small step to the right
- 4 LF ¼ turn left and cross over RF
- 5 RF Rock to the right
- 6 LF Recover weight on LF
- 7 RF Cross behind LF
- & LF Small step to the left
- 8 RF Small step to the right

## Behind, side, cross, side rock ¼ turn left, shuffle ½ turn left, coasterstep.

- 1 LF Cross behind RF
- & RF Step to the right
- 2 LF Cross over RF
- 3 RF Rock to the right
- 4 LF Recover weight on LF while making a ¼ turn left

- 5 RF Step forward, 1/4 turn left
  - & LF Step together, 1/4 turn left
  - 6 RF Step backwards
  - 7 LF Step with LF backwards
  - & RF Step next to LF
  - 8 LF Step forward
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