|  |  |
| --- | --- |
| P & D Polka |  |

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| . |
| **Compte:** | 32 | **Mur:** | 2 | **Niveau:** | Newcomer | . |
| **Chorégraphe:** | Pim van Grootel (NL) & Daniel Trepat (NL) - July 2007 |
| **Musique:** | 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 tot 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 |