

Polish Waltz

Compte: 48

Mur: 1

Niveau: Beginner waltz



Chorégraphe: Russell Breslauer (USA) - June 2015

Musique: My Polish Father - Max Kawa

ou: Any good accordion waltz music

OR:-

Blue Skirt Waltz by Lawrence Welk or Bobby Vinton or

Rendezvous Waltz by Frankie Yankovic/Walter Ostanek

DIAGONAL SIDE BASICS FORWARD

- 1-2-3 Turning 1/8 right (1:30) Step forward L, R next to left step on L in place
- 4-5-6 Turning 1/2 left (10:30) R, L next to right, step R in place
- 1-2-3 Turning 1/2 right (1:30) Step forward L, R next to left step on L in place
- 4-5-6 Turning 1/2 left (10:30) R, L next to right, step R in place

DIAGONAL SIDE BASICS BACKWARD

- 1-2-3 Step back L, R next to left step on L in place
- 4-5-6 Turning 1/2 right (1:30) R, L next to right, step R in place
- 1-2-3 Turning 1/2 left (10:30) Step back L, R next to left step on L in place
- 4-5-6 Turning 1/2 right (1:30) step back R, L next to right, step R in place turning 1/8 front (12:00)

VINE AND SIDE, DRAW, HOLD STOMP (LEFT)

- 1-2-3 Step L to the left, step R behind Left, step L to the left
- 4-5-6 Step R in front of left, L to the left, R behind left
- 1-2-3 Step L to the left, Draw R next to Left and Scuff R
- 4-5-6 Hitch R, Stomp R and Hold (weight is on left foot) (Motion is backward bicycle)

VINE AND SIDE, DRAW, HOLD STOMP (RIGHT)

- 1-2-3 Step R to the right, step L behind Right, step R to the right
- 4-5-6 Step L in front of right, R to the right, L behind right
- 1-2-3 Step R to the right, Draw L next to right and Scuff L
- 4-5-6 Hitch L, Stomp L and Hold (weight is on left foot) (Motion is backward bicycle)

Repeat

Contact: BreslauerDanceSF@Yahoo.com