

Hit The Diff

拍数: 32 墙数: 4 级数: Improver
编舞者: Guylaine Bourdages (CAN) - October 2015
音乐: Hit the Diff - Ritchie Remo : (Album: Single)



Intro : 32 counts (POLKA)

[1-8] Syncopated Rocking Chair (RF), Lock Step Forward (RLR), Syncopated Rock Step LF forward and LF to the Left and Vaudeville LF

1&2& Rock step RF forward (1), recover on LF (&), Rock Step RF back (2), recover on LF (&)
3&4 (Lock Step forward RLR) RF forward (3), LF lock beside RF (&), RF Forward (4)
5&6& Rock Step LF forward, (5), recover on RF (&), Rock Step LF to Left (6), recover on RF (&)
7&8 (Vaudeville) Cross left over right, step (7), RF to right Side (&), touch rleft heel to left diagonal (8)

[9-16] □ Vaudeville RF, Vaudeville LF, and Cross, and cross, and cross and Touch

&1&2 Step left next to right (&), cross right over left (1), step left to left side (&), touch right heel to right diagonal (2)
&3&4 Step right next to left (&), cross left over right(3), step right to right side (&), touch left heel to left diagonal (4)
&5&6 Step left next to right (&), cross right over left (5), step left to left on ball (&), cross right over left (6)
&7&8 Step left to left on ball (&), cross right over left (7), Step left to left, Touch RF beside LF (8)

[17-24] □ RF back, Heel Dig LF forward, LF back, Heel Dig RF forward, RF back, Heel Dig LF forward, LF back, Heel Dig RF □ forward, RF beside LF, Triple Step Forward LRL, and RLR

&1&2 RF Back (&), Heel Dig left heel forward (1), LF Back (&), Heel Dig right heel forward (2)
&3&4 RF Back (&), Heel Dig left heel forward (3), LF Back (&), Heel Dig right heel forward (4)
&5&6 Step right next to left (&), Step forward on left (5), Step right next to left (&), Step Left forward (6)
7&8 Step forward on right (7), Step left next to right (&), Step right forward (8)

[25-32] □ Paddle Turn 3/4 Left, Kick Ball Step twice with RF

1& (1/4Left) LF in 5th position (1) , RF slightly to right on ball in 2th position (&)
2& (1/4Left) LF in 5th position (2) , RF slightly to right on ball in 2th position (&)
3&4 (1/4Left) LF in 5th position (3) , RF slightly to right on ball in 2th position (&), Step Left beside right (4)
5&6 (RF, Kick Ball Step) Kick PD RF forward (5) , Ball on RF (&), step LF forward (6)
7&8 (RF, Kick Ball Step) Kick PD RF forward (7) , Ball on RF (&), step LF forward (8)

Restart on walls 2 & 7 (FACE to 3H) after 16 counts

SUPER POLKA IMPROVER WITH ENERGY & FUNNNNNNNNNNNNNNN

Keep smiling w are all lucky to have the privilege to dance

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