

Polenta Polketti

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: High Improver Polka
编舞者: Birgitta Sipilä (FIN) & Riitta Pohjasniemi (FIN) - February 2025
音乐: Polketti Tärviöltä - Polenta



INTRO 16 counts, approx. 11 seconds

NOTE: Dance using polka style ball steps. In section 3 the hop steps are known as "Enkeliska hops" in Finnish folk dance.

S1 (1-8): 2x DIAGONAL POLKA SHUFFLES FWD R & L, WEAVE L, 2x CROSS ROCKS

1&2 Step RF to right diagonal (1), step LF next to RF (&), step RF to right diagonal (2) (1.30)
3&4 Step LF to left diagonal (3), step RF next to LF (&), step LF to left diagonal (4) (10.30)
5&6& Step RF across LF (5), step LF to left side (&), step RF behind LF (6), step LF to left side (&) (12.00)
7&8& Rock RF across LF (7), recover rocking back on LF (&), rock RF fwd (8), recover back on LF (&) (10.30)

Option on 5. wall:

5, 6, 7, 8 Step RF across LF (5), step LF to left side (6), rock RF back (7), recover on LF (8)

S2 (9-16): R DIAGONAL POLKA SHUFFLE BACK, TURN ½ L DIAGONAL POLKA SHUFFLE FWD, MODIFIED JAZZ BOX

1&2 Facing left diagonal step RF back (1), step LF next to RF (&), step RF back (2) (10.30)
3&4 Turn ½ left stepping LF fwd (3), step RF next to LF (&), step LF fwd (4) (4.30)
5, 6 Step RF across LF (5), step LF back (6) (4.30)
7&8 Turn ½ right stepping RF to side (7), step LF next to RF (&), step RF to right side (8) (6.00)

*** Tag & Restart here Wall 7 and 8**

S3 (17-24): L STEP BACK, HOP, R STEP BACK, HOP, ROCK BACK, RECOVER, L STEP BACK, HOP, R STEP BACK, HOP, L STEP BACK, HOP, ROCK, RECOVER, STEP BACK

1& Step LF behind RF while hitching RF (1), hop LF in place keeping RF up and rotating it out (&) (6.00)
2& Step RF behind LF while hitching LF (2), hop RF in place keeping LF up and rotating it out (&) (6.00)
3&4& Step LF behind RF (3), recover weight onto RF (&), step slightly back on LF while hitching RF (4), hop LF keeping RF up and rotating it out (&) (6.00)
5& Step RF behind LF while hitching LF (5), hop RF in place keeping LF up and rotating it out (&) (6.00)
6& Step LF behind RF while hitching RF (6), hop LF in place keeping RF up and rotating it out (&) (6.00)
7&8 Step RF behind LF (7), recover weight onto LF (&), step slightly back on RF while hitching LF (8) (6.00)

Option on 5. wall:

1, 2, 3&4 Step LF back (1), step RF behind LF (2), step LF behind RF (3), rock RF fwd (&), recover LF (4) (6.00)
5, 6, 7&8 Step RF back (5), step LF behind RF (6), step RF behind LF (7), rock LF fwd (&), recover RF (8) (6.00)

S4 (25-32): L COASTER, R POLKA SHUFFLE, L ROCK FWD, RECOVER, ¼ SAILOR STEP TURN LEFT

1&2 Step LF back (1), step RF next to LF (&), step LF fwd (2) (6.00)
3&4 Step RF fwd (3), step LF next to RF (&), step RF fwd (4) (6.00)
5, 6 Rock LF fwd (5), recover RF back (6) (6.00)
7&8 Turn ¼ left stepping LF cross behind RF (7), step RF to right side (&), step LF to left side (8) (3.00)

Option: The music changes when the 5. wall starts, so you can adapt your dancing style to the music on sections 1 and 3.

Also the other sections can be danced without polka style.

*** TAG 1 & Restart: On wall 7 after 16 counts (facing 12.00) there is the first 2 count tag:**

1&2 Step LF to side (1), step RF next to LF (&), step LF to left side (2) – then restart the dance = 8. wall.

*** TAG 2 & Restart: On wall 8 after 16 counts (facing 6.00) there is the second tag, the tempo of the music changes.**

1-2 Step LF behind RF and unwind full turn left keeping the weight on LF and sweeping RF.

Restart the dance facing 6.00 when music returns to the normal tempo.

Ending: Dance the last wall 10 to section 4 and counts 1-6 normally. The tempo of the music slows there. Make ¼ left turning sailor step 7&8 LF-RF-LF and step RF fwd.

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