White Line Polka

拍數: 32

級數: Easy Intermediate

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音樂: Down The Road - Southerland

Introduction: 32 counts

Sequence: 32-Tag-32-32-20-32-32-20-16-32-32-32

[1-8] TRIPLE FWD. ¼ R TRIPLE SIDE. TRIPLE ¼ R. ¾ R

- Step RF forward, Step LF together, Step RF forward 1&2
- 3&4 1/4 turn R... Step LF side, Step RF together, Step LF side (3:00)
- Step RF side, Step LF together, ¼ turn R... Step RF forward (6:00) 5&6
- 7-8 1/2 turn R... Step LF back, 1/4 turn R... Step RF side (3:00)

[9-16] SYNCHOPATED WEAVE, SIDE ROCK ¼ L, FULL TURN L

- 1&2& Cross LF over RF, Step RF side, Cross LF behind RF, Step RF side
- 3&4 Cross LF over RF, Step RF side, Cross LF behind RF
- 5-6 Rock RF side prepping body to R, ¼ turn L... Recover on LF forward (12:00)
- 7-8 1/2 turn L... Step RF back, 1/2 turn L... Step LF forward (12:00)

Easy option 7-8 : Walk RF forward, Walk LF forward

RESTART here on 8th wall (9:00)

[17-24] ¼ L TRIPLE SIDE, SAILOR ¼ L, HEEL (or KICK) & TOE & STEP ½ L W/ HOOK

- ¹/₄ turn L... Step RF side, Step LF together, Step RF side (9:00) 1&2
- 3&4 CROSS LF behind RF, ¼ turn L... Step RF together, Step LF forward (6:00)

RESTART here on 4th & 7th wall (9:00)

- Touch R heel or Kick RF forward, Step RF together, Touch L toe behind RF 5&6
- Step LF together, Step RF forward, 1/2 turn L... Hook LF over RF (12:00) &7-8

[25-32] TRIPLE FWD, KICK & POINTE & BIG STEP SIDE W/ DRAG, SAILOR ¼ L

- Step LF forward, Step RF together, Step LF forward 1&2
- 3&4 Kick RF forward, Step RF together, Touch L toe side
- &5-6 Step LF together, Big step RF side, Drag LF together
- 7&8 Cross LF behind RF, ¹/₄ turn L... Step RF together, Step LF forward (9:00)

TAG (4 counts) At the end of wall 1 (9:00): TRIPLE STEP FWD x2 //or TRIPLE 1/2 L x2

- Step RF forward, Step LF together, Step RF forward // ¼ turn L... Step RF side, Step LF 1&2 together, 1/4 turn L... Step RF back
- Step LF forward, Step RF together, Step LF forward // ¼ turn L... Step LF side, Step RF 3&4 together, 1/4 turn L... Step LF forward

The 3 restarts & tag are at 9 o'clock

FINAL after 11th wall (12:00) : Stomp RF forward & TaaDaam (L hand up, R hand down)

HAVE FUN !!!

Last Update: 21 Oct 2023





牆數: 4