# Polkaplay



拍數: 64 牆數: 2 級數: Improver polka

編舞者: Forty Arroyo (USA) & The Hayloft Gang 音樂: Jambalaya - Led Loader & The Barrels



#### TRIPLE RIGHT, ROCK WITH 1/4 RIGHT, STEP, TRIPLE BACK, STOMP & CLAP

1&2 Triple side right - right-left-right

3-4 Rock forward on left turning ¼ right, recover weight on right

5&6-7&8 Triple back left, right, left, stomp, clap, clap

## KICK, HOOK, KICK, FLICK, KICK, HITCH, KICK, HITCH, TRIPLE, STEP LEFT WITH 1/4 RIGHT, STOMP RIGHT NEXT TO LEFT

1&2& Kick right forward, hook right over left, kick right forward, flick right out to side

3&4& Kick right forward, hitch right, kick right forward, hitch right forward

Alternate:

1-4 Touch right forward, touch right to outside of left, touch right forward, touch right next to left

5&6 Triple forward right-left-right

7-8 Step left to side turning ¼ right, stomp right (no weight) (now at 6:00)

#### TRIPLE RIGHT, STEP, TOUCH & CLAP, STEP, TURN, STEP, FAN HEELS

Triple to right, right-left-right, step left to left turning ½ to right, sweep & touch right next to left

(clap)

5&6-7&8 Step forward on right, pivot ½ left, stomp right slightly forward, fan heel out and in

Ending with weight on left, lifting right heel on 8 as you fan heels in. (6:00)

#### TRIPLES -TRAVELING TO THE RIGHT COMPLETING A FULL TURN RIGHT

1&2& Traveling to the right, triple slightly forward (at an angle) to right with a right, left, right while

turning ¼ to right, brush left next to right (now at 9:00)

3&4& Repeat - end at 12:00 5&6& Repeat - end at 3:00

7&8 Repeat - end at 6:00 (completing a full right turn)

#### TOE SWITCHES -TOUCH RIGHT-LEFT-RIGHT, RIGHT IN & OUT - LEFT-RIGHT-LEFT LEFT IN & OUT

1&2 Touch right to right, step left next to right, touch left out to side

&3&4 Step left next to right, touch right - out, in, out

Step right next to left, touch left out to side, step left next to right
Touch right out to side, step right next to left, touch left - out, in, out

Easy option

1-4 Touch right out to side & hold, change weight, touch left out to side & hold

5-8 Repeat

#### 2 TRIPLES FORWARD, VINE LEFT WITH 1/2 TURN RIGHT - REPEAT

1&2-3&4 Triple forward left-right-left, triple right-left-right turning (12:00)

5-8 Turning ½ to right - step left, step right behind left, step left, stomp right next to left (weight on

right)

1&2-3&4 Triple forward left-right-left, triple right-left-right turning (6:00)

5-8 Turning ½ to right - step left, step right behind left, step left, stomp right next to left (weight on

right)

#### CROSS, STEP, STEP, STOMP & SCUFF, & STOMP & SCUFF, & STOMP

1-3 Cross left over right, step back slightly on right, step left to left side

4&5& Stomp right next to left, step left in place, scuff right in place, step right in place

Stomp left next to right, step right in place, scuff left next to right

&8 Step left in place, stomp right next to left (weight on left)

alternate steps:

4-8 Do alternating toe touches (right & left & right & left & right)

### **REPEAT**

For some real fun, try it contra style