

Tenderfoot Polka

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數:
編舞者: Jim Wells (USA) & Judy Wells (USA)
音樂: Are You Gettin' Tired of Me - BR5-49



HEELS OUT-IN, TOES OUT-IN, HEELS OUT-IN-OUT, HEEL STOMPS

- 1-2 Heels spilt out and in
- 3-4 Fan toes out and in
- 5&6 Heels split out, in, out
- 7-8 Stomp heels twice, bringing them back to starting position (foot position #1)

Weight should be on left foot on count 8

TOES IN, HEEL IN, SIDE POLKA, STOMP, STOMP, SIDE POLKA

- 9 Right toes in (toes are at instep of left foot)
- 10 Right heel in (heel is at instep of left foot)
- 11&12 Polka to the right (right-left-right)
- 13-14 Stomp left foot twice
- 15&16 Polka to the left (left-right-left)

STEP, PIVOT, STEP, PIVOT, POLKA FORWARD, ROCK STEP

- 17 Step forward with right foot, keep left foot in place
- 18 Pivot ½ turn to the left
- 19 Step forward with right foot, keep left foot in place
- 20 Pivot ½ turn to the left
- 21&22 Polka forward (right-left-right)
- 23 Rock forward onto the left foot
- 24 Replace weight onto the right foot

STEP, PIVOT, STEP, PIVOT, POLKA FORWARD, STOMP, STOMP

- 25 Step forward with the left foot, keep right foot in place
- 26 Pivot ¼ turn to the right
- 27 Step forward with left foot, keep right in place
- 28 Pivot ¼ turn to the right (you should now be facing the back wall)
- 29&30 Polka forward (left-right-left)
- 31 Stomp right foot
- 32 Stomp left foot (distribute weight evenly on the stomps to begin the dance again)

REPEAT