

BB Polka

32 count, 2 wall, intermediate level

Choreographer: Yvonne Dunn & Cheryl Poulter

Choreographed to: "Olp Pop In An Oak" by The Rednex (128 bpm)

Section 1 Sit, Spot Volta Turn, Syncopated Weave, Syncopated Heel Jack

- 1-2 Feet together bend knees sit on heels, Feet together recover to standing position
- 3 Turn 1/2 to the right and step right foot forward (face 6:00)
- & Turn 1/4 turn to the right and small step left foot to the left (face 9:00)
- 4 Turn 1/4 turn to the right and cross right foot over left foot (face 12:00), 1/4 turn to the right
- & Step left foot to the left (12:00, face 3:00)
- 5 Cross right foot behind left foot
- & Step left foot to the left
- 6 Cross right foot in front of left foot
- & Step left foot to the left
- 7 Touch right heel diagonally in front (4:30)
- & Step right foot slightly back
- 8 Cross left foot in front of right foot, 1/4 turn to the left (face 12:00)

Section 2 Toe Tap Step, Shuffle, Brush Hop Turn, Kick Heel Slap

- 1&2 Tap right foot behind left foot, & Hop back onto left foot, Step right foot back, 1/4 turn to the left
- 3&4 Step left foot to the left, Step right foot together, 1/4 turn to the left, Step left foot forward (6:00)
- 5&6 Brush right foot forward, Hop onto left foot making 1/2 turn to the left, Step right foot next to left foot (6:00, face 12:00)
- 7 Kick left foot forward
- 8 Step left foot next to right foot and flick right heel slapping it with right hand

Section 3 Kick, Pose, Forward Lock, Full Turn, Skipping Rock Step

- 1 Turn 1/4 turn to the right and kick right foot forward
- 2 Cross right foot in front of left knee
- 3 Step right foot forward (3:00)
- & Step left foot together
- 4 Step right foot forward, 1/2 turn to the right
- 5 Step left foot back, 1/2 turn to the right
- & Step right foot forward
- 6 Step left foot forward
- 7 Rock forward onto right foot
- & Skip back on right foot
- 8 Recover onto left foot
- & Skip on left foot making 1/4 turn to the right (face 6:00)

Section 4 Gallops, Brush Hop Cross, Toe Taps

- 1 Step right foot to the right (9:00)
- & Step left foot together
- 2 Step right foot to the right (9:00)
- & Step left foot together
- 3 Step right foot to the right (9:00)
- & Step left foot together
- 4 Step right foot to the right (9:00)
- 5 Brush left foot forward
- & Hop on right foot
- 6 Cross left foot in front of right foot
- 7 Tap right foot behind left foot
- & Hop on left foot
- 8 Tap right foot behind left foot

Quelle:

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