

SWEET POLKA

Choreographed by Cinta Larrotcha
Description: 16 count, 4 wall, beginner polka line dance
Musik: Brand New Feeling by Lee Roy Parnell
Start dancing on lyrics

TRIPLE STEP FWD, STEP, SWIVEL, TRIPLE STEP BACK,
¼ TURN, STEP

1&2 Step right fwd, step left together, step right fwd

3&4 Step left fwd, swivel heels left, swivel heels right (weight to right)

5&6 Step left back, step right together, step left back

7-8 Turn ¼ right and step right to side, step left together

ROCK STEP, WEAVE, ROCK STEP, WEAVE

1-2 Rock right to side, recover to left

3&4 Cross right behind left, step left to side, cross right over left

5-6 Rock left to side, recover to right

7&8 Cross left behind right, step right to side, cross left over right

REPEAT

Alternative Übungsmusik:

Rodney Atkins -	If You're Going through Hell	112bpm	4x
Ricky Skaggs -	Cajun Moon	118bpm	1x
Lily Allen -	Not Fair	122bpm	2x
Suzy Boguss -	Home on the Range	122bpm	2x
Rednex -	Cotton Eyed Joe	130bpm	4x
Leann Rimes -	Cowboys Sweathart	131bpm	2x