

P & D Polka



Choreographer: Pim van Grootel & Daniel Trepap (Juli 2007)
Level: Newcomer
Type: 2 wall line dance - Polka
Counts: 32
Music: "THIRTY DAYS", by The Tractors

Shuffle fwd, pivot 1/2 turn right, step fwd, scuff 1/2 turn left, coasterstep.

1 RF Step forward
& LF Step next to RF
2 RF Step forward
3 LF Step forward
4 RF 1/2 turn right and step forward
5 LF Step forward
6 RF Scuff and make a 1/2 turn left
7 RF Step back
& LF Step next to RF
8 RF Step forward

1/4 Turn shuffle left, kick-ball cross, shuffle right, kick-ball cross.

1 LF 1/4 turn left and step to the left
& RF Step next to LF
2 LF Step to the left
3 RF Kick forward
& RF Step next to LF
4 LF Cross over RF
5 RF Step to the right
& LF Step next to RF
6 RF Step to the right
7 LF Kick forward
& LF Step next to RF
8 RF Cross over LF

Cross shuffle full turn left, side rock, sailorstep.

1 LF 1/4 turn left and cross over RF
& RF Small step to the right
2 LF 1/4 turn left and cross over RF
& RF Small step to the right
3 LF 1/4 turn left and cross over RF
& RF Small step to the right
4 LF 1/4 turn left and cross over RF
5 RF Rock to the right
6 LF Recover weight on LF
7 RF Cross behind LF
& LF Small step to the left
8 RF Small step to the right

Behind, side, cross, side rock 1/4 turn left, shuffle 1/2 turn left, coasterstep.

1 LF Cross behind RF
& RF Step to the right
2 LF Cross over RF
3 RF Rock to the right
4 LF Recover weight on LF while making a 1/4 turn left
5 RF Step forward, 1/4 turn left
& LF Step together, 1/4 turn left
6 RF Step backwards
7 LF Step with LF backwards
& RF Step next to LF
8 LF Step forward