

Official WCDF competition dance description 2008

P & D Polka

Pim van Grootel

Type : 32 Count, 2 Wall Lilt (Polka)
Level : Newcomer
Music : "Cowboy Charleston" aka "Thirty Days" by The Tractors (BPM 114)

SHUFFLE FWD, STEP, ½ TURN, STEP, SCUFF ½ TURN, COASTER STEP

1 RF step forward
& LF step next to RF
2 RF step forward
3 LF step forward
4 RF ½ turn right (6:00)
5 LF step forward
6 RF scuff and make ½ turn left
on LF (12:00)
7 RF step back
& LF step next to RF
8 RF step forward

¼ TURN SIDE SHUFFLE, KICK BALL

CROSS, SIDE SHUFFLE, KICK BALL

CROSS

9 LF ¼ turn right step side left (3:00)
& RF step next to LF
10 LF step side left
11 RF kick forward
& RF step next to LF
12 LF cross over RF
13 RF step side right
& LF step next to RF
14 RF step side right
15 LF kick forward
& LF step next to RF
16 RF cross over LF

CROSS SHUFFLE FULL TURN, ROCK, RECOVER, SAILOR STEP

17 LF ¼ left & cross over RF (12:00)
& RF small step side right
18 LF ¼ left & cross over RF (9:00)
& RF small step side right
19 LF ¼ left & cross over RF (6:00)
& RF small step side right
20 LF ¼ left & cross over RF (3:00)
21 RF rock side right
22 LF recover
23 RF cross behind LF
& LF step side left
24 RF step side right and slightly
forward

BEHIND, SIDE, CROSS, ROCK, ¼ TURN, SHUFFLE ½ TURN, COASTER STEP

25 LF cross behind RF
& RF step side right
26 LF cross over RF
27 RF rock side right
28 LF ¼ turn left recover (12:00)
29 RF ¼ turn left step side right (9:00)
& LF step next to RF
30 RF ¼ turn left step back (6:00)
31 LF step back
& RF step next to LF
32 LF step forward