

P & D Polka

LINEDANCE.COM

Count: 32 **Wall:** 2 **Level:** Newcomer

Choreographer: Pim van Grootel & Daniel Trepal NL (July 2007)

Music: "Thirty Days", by The Tractors

Shuffle fwd, pivot ½ turn right, step fwd, scuff ½ turn left, coasterstep.

1RF Step forward

&LF Step next to RF

2RF Step forward

3LF Step forward

4RF ½ turn right and step forward

5LF Step forward

6RF Scuff and make a ½ turn left

7RF Step back

&LF Step next to RF

8RF Step forward

¼ Turn right and shuffle left, kick-ball cross, shuffle right, kick-ball cross.

1LF ¼ turn right and step to the left

&RF Step next to LF

2LF Step to the left

3RF Kick forward

&RF Step next to LF

4LF Cross over RF

5RF Step to the right

&LF Step next to RF

6RF Step to the right

7LF Kick forward

&LF Step next to RF

8RF Cross over LF

Cross shuffle full turn left, side rock, sailorstep.

1LF $\frac{1}{4}$ turn left and cross over RF

&RF Small step to the right

2LF $\frac{1}{4}$ turn left and cross over RF

&RF Small step to the right

3LF $\frac{1}{4}$ turn left and cross over RF

&RF Small step to the right

4LF $\frac{1}{4}$ turn left and cross over RF

5RF Rock to the right

6LF Recover weight on LF

7RF Cross behind LF

&LF Small step to the left

8RF Small step tot the right

Behind, side, cross, side rock $\frac{1}{4}$ turn left, shuffle $\frac{1}{2}$ turn left, coasterstep.

1LF Cross behind RF

&RF Step to the right

2LF Cross over RF

3RF Rock to the right

4LF Recover weight on LF while making a $\frac{1}{4}$ turn left

5RF Step forward, $\frac{1}{4}$ turn left

&LF Step together, $\frac{1}{4}$ turn left

6RF Step backwards

7LF Step with LF backwards

&RF Step next to LF

8LF Step forward