

# Boeremeisie Polka 2011

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**Count:** 48      **Wall:** 4      **Level:** Beginner / Intermediate (Polka Motion)

**Choreographer:** Sebastiaan Holtland , (Netherlands) 22-08-2011

**Music:** Dans Met My Baby by Lianie May (Album: Boeremeisie 2009)

## 32 count intro start on the vocals (15 Sec) - (No Tags, No Restarts)

### Sec 1: [1-8] Fwd Rock, Recover, Back Toe Tap, Step, Point Back, 1/2 Unwind L, 1/4 Pivot L

- 1-2      Rock Rf forward, recover on Lf (12:00)
- 3&4      Tap R toe back, Hop Lf back (scoot), step Rf back weight onto Rf
- 5-6      Point Lf back, unwind 1/2 left (6) take weight onto Lf
- 7-8      Step Rf forward, turn 1/4 left (3) take weight onto Lf

### Sec 2: [9-16] Step, Heel Twist, Step, Heel Twist, Point Back, 1/2 Unwind L, 1/4 Pivot L

- 1&2      Step Rf forward, twist both heels to right, twist both heels back to center take weight onto Rf (3:00)
- 3&4      Step Lf forward, twist both heels to left, twist both heels back to center take weight onto Rf
- 5-6      Point Lf back, unwind 1/2 left (9) take weight onto Lf
- 7-8      Step Rf forward, turn 1/4 left (6) take weight onto Lf

### Sec 3: [17-24] Right Chasse In Gallops, 1/4 Turn L, Left Shuffles Fwd In Gallops

- 1&2&      Step Rf to the right, step Lf next to Rf, step Rf to the right, step Lf next to Rf weight onto Lf (6:00)
- 3&4      Step Rf to the right, step Lf next to Rf, step Rf to the right weight onto Rf
- 5&6&      Turn 1/4 left (3) step Lf forward, step Rf beside Lf, step Lf forward, step Rf beside Lf weight onto Rf
- 7&8      Step Lf forward, step Rf beside Lf, step Lf forward weight onto Lf (3:00)

### Sec 4: [25-32] Touch, Flick, Heel Flick (Right), Chasse, Touch, Flick, Heel Flick, Chasse (Left)

- 1&2&      Touch Rf forward, flick right heel slightly up in front of left leg, touch Rf forward, flick R heel up (3)
- 3&4      Step Rf to the right, step Lf next to Rf, step Rf to the right weight onto Rf

- 5&6&** Touch Lf forward, flick left heel slightly up in front of left leg, touch Lf forward, flick L heel up
- 7&8** Step Lf to the left, step Rf next to Lf, step Lf to the left weight onto Lf (3:00)

### **Sec 5: [33-40] Chasse R, 3x Chasse L-R-L with 1/4 Turn L (Square Chasse)**

- 1&2** Step Rf to the right, step Lf next to Rf, step Rf to the right weight onto Rf
- 3&4** Turn 1/4 left (12) step Lf to the left, step Rf next to Lf, step Lf to the left weight onto Lf
- 5&6** Turn 1/4 left (9) Step Rf to the right, step Lf next to Rf, step Rf to the right weight onto Rf
- 7&8** Turn 1/4 left (6) step Lf to the left, step Rf next to Lf, step Lf to the left weight onto Lf

### **Sec 6: [41-48] Heel Switches R-L-R (travelling fwd), Clap, Clap, 1/4 Turn L, Heel Switches L-R-L (travelling fwd), Clap, Clap, Together**

- 1&2&** Bring R heel forward, step Rf back in place, bring L heel forward, step Lf back in place weight onto Lf (heel switches travelling fwd) (6:00)
- 3&4** Bring R heel forward holding weight onto Lf, Clap, Clap
- &5&6&** Turn 1/4 left (3) step Rf back in place, bring Lf heel forward, step Lf back in place, bring R heel forward, step Rf back in place (heel switches travelling fwd)
- 7&8&** Bring L heel forward holding weight onto Rf, Clap, Clap, step Lf next to Rf weight onto Lf (3:00)

### **Start Again, Enjoy!**