

# I Sing a Polka

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**Count:** 32      **Wall:** 1      **Level:** Beginner Polka

**Choreographer:** Karen Tripp , June 2014

**Music:** I Sing a Liad für dich by DJ Alpi. Album: Après Fox 2012 (3:11 mins)

## **32-count wait, weight on left, right foot free**

### **2 POLKA STEPS FORWARD (RIGHT, LEFT), ROCK FORWARD, RECOVER, RIGHT ½ TURN SHUFFLE**

- 1&2**      Shuffle forward stepping right, left, right  
**3&4**      Shuffle forward stepping left, right, left  
**5-6**      Rock forward on right, recover on left  
**7&8**      Turn ¼ right and step right, close left to right, turn ¼ right and step right

### **2 POLKA STEPS FORWARD (LEFT, RIGHT), ROCK FORWARD, RECOVER, COASTER STEP**

- 9&10**      Shuffle forward stepping left, right, left  
**11&12**      Shuffle forward stepping right, left, right  
**13-14**      Rock forward on left, recover on right  
**15&16**      Step back on left, close right to left, step forward left

### **RIGHT HEEL GRIND ¼ RIGHT (keep wt on left), RT COASTER STEP, PADDLE TURN, CROSSING SHUFFLE**

- 17-18**      Stomp on right heel slightly forward turning toes in, swivel toes to the right as you turn the body right ¼, keeping weight on the left  
**19&20**      Step back on right, close left to right, step forward on right  
**21-22**      Step forward on left, turn ¼ right and step on right  
**23&24**      Cross shuffle stepping left, right, left

### **4-COUNT VINE, SWAY RIGHT, LEFT, RIGHT, LEFT**

- 25-26**      Step side on right, cross left behind  
**27-28**      Step side on right, cross left over right  
**29-30**      Sway with weight right, left  
**31-32**      Sway with weight right, left

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=98831](https://www.linedance.com/index.php?f=dance_view&id=98831)