

Good Morning Polka

LINEDANCE.COM

Count: 32

Wall: 4

Level: Beginner / Intermediate Polka

Choreographer: Robert Hahn , Germany - 17. August 2014

Music: We Only Live Once by Shannon Noll

Note: Start after 8 count intro, on lead vocals - No tags, no restarts!

[1-8] Rock Step, Shuffles Back, Back Rock

- 1-2 Step right forward, recover weight back onto left
- 3&4 Step right back, step left next to right, step right back
- 5&6 Step left back, step right next to left, step left back
- 7-8 Step right back, recover weight forward onto left

[9-16] Side Rock, Behind Side Cross, ¼ Turn Left And Shuffle Forward, Full Turn Forward Left

- 1-2 Step right to right side, recover weight onto left
- 3&4 Step right behind left, step left to left side, step right across left
- 5&6 Make a ¼ left and step left forward, step right next to left, step left forward
- 7-8 Make a ½ turn and step right back, make a ½ turn left and step left forward

[17-24] Rock Step, ½ Shuffle Turns Right Back, Back Rock

- 1-2 Step right forward, recover weight back onto left
- 3&4 Make a ¼ right and step right to right side, step left next to right, make a ¼ turn right and step right forward
- 5&6 Make a ¼ turn right and step left to left side, step right next to left, make a ¼ turn right and step left back
- 7-8 Step right back, recover weight forward onto left

[25-32] Side Rock, ¼ Sailor Turn Right, ¼ Turn Left And Shuffle Forward, Step, ½ Turn Left

- 1-2 Step right to right side, recover weight onto left
- 3&4 Make a ¼ turn right and step right behind left, step left to left side, step right slightly forward to right diagonal
- 5&6 Make a ¼ turn left and step left forward, step right next to right, step left forward

7-8 Step right forward, make a ½ turn left (weight on left)

... Start again

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=111928