

Tyroler Polka

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Count: 32

Wall: 4

Level: Newcomer

Choreographer: Karolina Ullentav and Jonas Andreasson (January 2019)

Music: Goldried Quintett: "Mei Muata und Mei Vota" (length 2:51)

Intro 32 counts, BPM 120 - No Tags, No Restarts

Section 1: Shuffle steps forward, shuffle turn ½ left, coaster step

1RF step forward (facing 12.00)

&LF step beside RF

2RF step forward

3LF step forward

&RF step beside LF

4LF step forward

5 Turn ¼ left and step RF right (facing 09.00)

&LF step beside RF

6 Turn ¼ left stepping RF back (facing 06.00)

7LF step back

&RF step beside LF

8LF step forward

Section 2: Cross rock step over LF, recover, shuffle right, cross rock step over RF, recover, shuffle left

1RF cross over LF

2 Recover onto LF (weight on LF)

3RF step right

&LF step beside RF

4RF step right

5LF cross over RF

6 Recover onto RF (weight on RF)

7LF step left

&RF step beside LF

8LF step left

Section 3: Step turn $\frac{1}{2}$ left x 2, RF step diagonally forward right and bend forward clapping your hands x 3 while you are rising up ending with LF step forward beside RF

1RF step forward

2 Turn $\frac{1}{2}$ left on ball ending with weight on LF (facing 12.00)

3RF step forward

4 Turn $\frac{1}{2}$ left on ball ending with weight on LF (facing 06.00)

5RF step diagonally forward right and start bending forward

6 Bend forward and clap your hands

7 Rise slowly up and clap your hands

8 Rise slowly up and clap your hands and step LF beside RF

Section 4: Shuffle steps right, turn $\frac{1}{4}$ left and do shuffle steps left, put heels forward x 3, clap your hands x 2

1RF step right

&LF step beside RF

2RF step right

3 Turn $\frac{1}{4}$ left and step LF left (facing 03.00)

&RF step beside LF

4LF step left

5RF heel forward

&RF beside LF

6LF heel forward

&LF beside RF

7RF heel forward

& Clap your hands

8 Clap your hands

Have Fun!