

Polkaniesta

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Count: 32 **Wall:** 4 **Level:** Low Intermediate

Choreographer: Nancy Morgan - 9 March 2016

Music: Love Runs by Tim Mcgraw - 126 bpm

Practice Song: Here Tonight by Tim Mcgraw

◆ Begin after 36 Counts or when he starts singing ◆ BPM: 112

Shuffle forward, Step, pivot ½ turn, Shuffle forward, Step back ½ Turn, Step forward ¼ turn

- 1&2 Shuffle Forward - Right-Left-Right
- 3,4 Step forward on Right, Pivot ½ turn to Right (Weight ends on Left)
- 5&6 Shuffle forward - Left-Right-Left
- 7 Step Back on Right ½ turn to Left
- 8 Step forward on Left ¼ turn to Left

Rock Step & Rock Step, Back Shuffle, Rock back

- 1,2 Rock forward on Right and back on Left
- & Step Right Next to Left
- 3,4 Rock forward on Left and back on Right
- 5&6 Back Shuffle - Left-Right-Left
- 7,8 Rock back on Right and forward on Left

Side Shuffle, Rock Step, 2 Kick-Ball-Crosses

- 1&2 Right side shuffle - Right-Left-Right
- 3,4 Rock back on Left and forward on Right
- 5&6 Kick-Ball-Cross - Kick Left foot slightly forward, step Left slightly back, Cross Right over Left
- 7&8 Kick-Ball-Cross - Kick Left foot slightly forward, step Left slightly back, Cross Right over Left as you turn slightly to Left ¼ turn

Step Pivot, Shuffle forward, Step Pivot, Cross, Step back

- 1,2 Step forward on Left, pivot ½ turn to Right (Weight ends on Right)
- 3&4 Shuffle forward - Left-Right-Left

5,6 Step forward on Right, Pivot $\frac{1}{4}$ turn to Left (Weight ends on Left)

7,8 Cross Right over Left, step back on Left as you lift Right foot slightly off ground

Begin Again!

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=109900