

# POLKAPLAY 101

LINEDANCE.COM

**Count:** 32      **Wall:** 2      **Level:** beginner polka line/contra dance

**Choreographer:** Forty Arroyo

**Music:** Jambalaya by Led Loader & The Barrels

**Dedicated to the Fabulous Senior Gals at the Sturbridge Senior Center**

## TRIPLE SIDE RIGHT, ROCK RECOVER, TRIPLE SIDE LEFT, ROCK RECOVER

- 1&2**      Triple side right - right-left-right
- 3-4**      Rock back on left, recover weight on right
- 5&6**      Triple side left - left-right-left
- 7-8**      Rock back on right, recover weight on left

## TRIPLE FORWARD RIGHT & LEFT, TRIPLE BACK RIGHT & LEFT

- 1&2**      Triple forward right, left, right
- 3&4**      Triple forward left, right, left
- 5&6**      Triple back, right, left, right
- 7&8**      Triple back, left, right, left

## TRIPLES -TRAVELING TO THE RIGHT COMPLETING A FULL TURN RIGHT

- 1&2**      Traveling to the right, triple slightly forward to right with a right, left, right while turning  $\frac{1}{4}$  to right
- 3&4**      Repeat starting with left- triple left, right, left
- 5&6**      Repeat starting with right- triple right, left, right
- 7&8**      Repeat starting with left- triple left, right, left (completing a full right turn)

## STEP, $\frac{1}{4}$ PIVOT, STEP, $\frac{1}{4}$ PIVOT, JAZZ BOX

- 1-2**      Step slightly forward on right, pivot  $\frac{1}{4}$  turn to left
- 3-4**      Step slightly forward on right, pivot  $\frac{1}{4}$  turn to left
- 5-6**      Cross right over left, step back slightly on left
- 7-8**      Step side right, step left next to right

## REPEAT

**For some real fun, try it contra style**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=34676](https://www.linedance.com/index.php?f=dance_view&id=34676)