

# ALPEN POLKA

LINEDANCE.COM

**Count:** 32      **Wall:** 2      **Level:** beginner/intermediate

**Choreographer:** Trent & Mary Cummings

**Music:** Never Stop The Alpen Pop by D.J. Otzi

**Dance begins after they count 1-2-3-4 in German**

## 3 HEEL TAPS, HEEL HOOK, 2 POLKA STEPS FORWARD

- 1-3      Tap right heel forward 3 times
- 4      Hook right foot in front of left
- 5&6      Triple forward right-left-right
- 7&8      Triple forward left-right-left

## TURNING JAZZ BOX, 2 POLKA STEPS FORWARD

- 9-10      Cross right foot over left, turn  $\frac{1}{4}$  turn left while stepping back on left foot
- 11-12      Step slightly to the right on right foot, bring left foot together with the right (putting weight on it)
- 13&14      Triple forward right-left-right
- 15&16      Triple forward left-right-left

## STOMP, STOMP, DOWN, UP, POLKA BACK, COASTER STEP

- 17-18      Stomp right foot in place, stomp left foot in place
- 19-20      While bending both knees move body down, then straighten back up

**While doing steps 19-20, place hands on waist.**

- 21&22      Triple backward right-left-right
- 23&24      Step back on left foot, bring right foot together with left, step forward on left foot

## TURNING JAZZ BOX, STOMP, STOMP, CLAP, CLAP, CLAP

- 25-26      Cross right foot over left, turn  $\frac{1}{4}$  turn left while stepping back on left foot
- 27-28      Step slightly to the right on right foot, bring left foot together with the right (putting weight on it)
- 29-30      Stomp right foot in place, stomp left foot in place
- 31-32      Hold and clap hands 3 times

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=64636](https://www.linedance.com/index.php?f=dance_view&id=64636)