

CONTINENTAL POLKA

aka

ALICE POLKA

Choreographer: Louise Webber

(352) 683-8007

Four Wall Line Dance - 32 Beats 37 Steps

Music: Alice Polka - Jimmy Sturr

Heel, Hook, Triple Step, Heel, Hook, Triple Step

- 1,2 Touch R heel forward, hook R heel across L shin
- 3&4 Triple step to the right R, L, R
- 5,6 Touch L heel forward, hook L heel across R shin
- 7&8 Triple step to the left L, R, L

Walk, Walk, Walk Kick, Back Back, Coaster Step

- 1,2,3,4 Walk forward R, L, R, Kick L and Clap
- 5,6 Walk backward L,R
- 7&8 Step back on L, Step back on R, Step forward on L

Heel, Hook, Triple Step, Heel, Hook, Triple Step

- 1,2 Touch R heel forward, hook R heel across L shin
- 3&4 Triple step to the right R, L, R
- 5,6 Touch L heel forward, hook L heel across R shin
- 7&8 Triple step to the left L, R, L

Jazz Box, Jazz Box Quarter Turn

- 1,2 Step R across L, Step backward on L
- 3,4 Step to the right on R, Step L beside R
- 5,6 Step R across L, Step backward on L
- 7,8 Step R to the right with a quarter turn CW, Step L beside R

Start Again