

ALPEN POLKA

Category: Line Dance, 32 Count, 2 Wall
Choreographer: Trent & Mary Cummings (March, 2003)
Music: "Never Stop The Alpen Pop" by DJ Otzi (134 bpm)
(Dance begins after they count 1-2-3-4 – in German)

Practice Medium: "The Yodeling Fool" by Wylie & The Wild West Show (124 bpm)
Practice Slow: "Tico Taco Polka" by Flaco Jimenez (116 bpm)

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 Polka forward (triple step), right-left-right
7&8 Polka forward (triple step), left-right-left

TURNING JAZZ BOX, 2 POLKA STEPS FORWARD

9-10 Cross right foot over left, turn ¼ 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 Polka forward (triple step), right-left-right
15&16 Polka forward (triple step), left-right-left (putting weight on it)

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 Polka backward (triple step), 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, CALP

25-26 Cross right foot over left, turn ¼ 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

START AGAIN