

# P & D Polka

Count: 32

Wall: 2

Level: Newcomer

Choreographer: Pim van Grootel & Daniel Trepal NL (July 2007)

Music: "Thirty Days", by The Tractors

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## Shuffle fwd, pivot ½ turn right, step fwd, scuff ½ turn left, coasterstep.

1 RF Step forward  
& LF Step next to RF  
2 RF Step forward  
3 LF Step forward  
4 RF ½ turn right and step forward  
5 LF Step forward  
6 RF Scuff and make a ½ turn left  
7 RF Step back  
& LF Step next to RF  
8 RF Step forward

## ¼ Turn right and shuffle left, kick-ball cross, shuffle right, kick-ball cross.

1 LF ¼ turn right and step to the left  
& RF Step next to LF  
2 LF Step to the left  
3 RF Kick forward  
& RF Step next to LF  
4 LF Cross over RF  
5 RF Step to the right  
& LF Step next to RF  
6 RF Step to the right  
7 LF Kick forward  
& LF Step next to RF  
8 RF Cross over LF

## Cross shuffle full turn left, side rock, sailorstep.

1 LF ¼ turn left and cross over RF  
& RF Small step to the right  
2 LF ¼ turn left and cross over RF  
& RF Small step to the right  
3 LF ¼ turn left and cross over RF  
& RF Small step to the right  
4 LF ¼ turn left and cross over RF  
5 RF Rock to the right  
6 LF Recover weight on LF  
7 RF Cross behind LF  
& LF Small step to the left  
8 RF Small step to the right

## Behind, side, cross, side rock ¼ turn left, shuffle ½ turn left, coasterstep.

1 LF Cross behind RF  
& RF Step to the right  
2 LF Cross over RF  
3 RF Rock to the right  
4 LF Recover weight on LF while making a ¼ turn left  
5 RF Step forward, 1/4 turn left  
& LF Step together, 1/4 turn left  
6 RF Step backwards  
7 LF Step with LF backwards  
& RF Step next to LF  
8 LF Step forward