



DENIM AND LACE DANCERS

Sheboygan, WI
Instructor: Barb Bishop
920-457-8837
e-mail: jbbishop@charter.net

ALPEN POLKA

Choreographer: Trent & Mary Cummings
Count: 32
Type: 2 Wall Line Dance
Rating: Beginner/Intermediate Level
Music: Never Stop the Alpen Pop by D J Otzi (134 bpm)

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