



Alpen Polka

Choreographed by Trent & Mary Cummings

Description: 32 count, 2 wall, beginner/intermediate line dance

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

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