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- POLKA RIGHT, ROCK, RECOVER**  
1 & 2 Shuffle sideways right, left, right  
3 Rock back on left  
4 Step forward on right
- POLKA LEFT, ROCK, RECOVER**  
5 & 6 Shuffle sideways left, right, left  
7 Rock back on right  
8 Step forward on left
- POLKA, POLKA**  
9 & 10 Shuffle forward right, left, right  
11 & 12 Shuffle forward left, right, left
- KICK, BALL-CHANGE, STEP, 1/4 TURN**  
13 & 14 Kick right foot forward, quickly step right then left  
15 Step forward on right  
16 Turn 1/4 left
- KICK, BALL-CHANGE, STEP, 1/4 TURN**  
17 & 18 Kick right foot forward, quickly step right then left  
19 Step forward on right  
20 Turn 1/4 left
- KICK, BALL-CHANGE, STEP, 1/4 TURN**  
21 & 22 Kick right foot forward, quickly step right then left  
23 Step forward on right  
24 Turn 1/4 left
- POLKA, ROCK, RECOVER**  
25 & 26 Shuffle forward right, left, right  
27 Rock forward on left  
28 Step back on right
- POLKA BACK, ROCK, RECOVER**  
29 & 30 Shuffle backward left, right, left  
31 Rock back on right  
32 Step forward on left

**REPEAT**