



# The Evergreen

Morrison, WI

7075 Morrison Rd 920-864-3499



## Alpen Polka

**Category:** Line Dance, 32 Count, 2 Wall  
**Choreographer:** Trent & Mary Cummings (March, 2003)  
**Music:** Danced To: "Never Stop The Alpen Pop" by DJ Otzi (134 bpm)  
Practice Medium: "The Yodeling Fool" by Wylie & The Wild West Show (124 bpm)  
Practice Slow: "Tico Taco Polka" by Flaco Jimenez (116 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 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  $\frac{1}{4}$  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 Polka forward (triple step), right-left-right  
15&16 Polka forward (triple step), 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 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  $\frac{1}{4}$  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

### **START AGAIN**

Check out Denny's website at [www.dancinbaer.com](http://www.dancinbaer.com)