

# I rauk an Joint



**Choreographer:** Friedrich Maier  
**Description:** Intro: 24 C, A:32 C, B: 32 C,  
**Music:** Die Lösung by Hampel Spitz-  
 Fritz Stingl Band  
**Phrasierung:** Intro, AA-B-AA-B-AA-BB  
**Level:** Newcomer/ Novice  
**Motion:** Novelty Fun Dance Polka

## Intro:

### Hips Move, Heel Bounce, 8 Step full Turn left

Start with Music	1 - 8	Hip swing right left	12:00
Heavy beat	9 -16	RF move heel up and down	12:00
	17 - 24	Start RF go a full circle left (see Part B last section)	12:00

## Part:A start on vocal

### Shuffle fwd, turn ½ left and right, Shuffle fwd, turn ½ right and left

1&2	RF forward, LF together, RF forward	12:00
3 - 4	Turn ½ left 18:00 and right back 12:00	12:00
5&6	LF forward, RF together, LF forward	12:00
7 - 8	turn ½ right 18:00 and left back 12:00	12:00

### Front Sailor Step (x2), Point Back, Turn right, Heel Swivel 2x

1&2	RF Cross over LF, Step LF to left side, Step RF in place	12:00
3&4	LF Cross over RF, Step RF to left side, Step LF in place	12:00
5 - 6	Point RF back, ½ turn right (weight on both balls)	18:00
&7&8	Swivel both heels right, left, right, back to the middle	18:00

### Cross Shuffle left, Sweep,Cross Shuffle right, Mambo step , Coaster step

1&2	1/8 turn left, RF cross over LF, LF step side, RF cross over LF	16:30
&3&4	sweep ¼ turn right, LF cross over RF, RF step side, LF cross over RF	19:30
5&6	1/8 turn left, RF step side, recover weight LF, RF together	18:00
7&8	LF step back, RF together, LF step forward	18:00

### Heel Grind 2X, Skates Stomp 4X

1 - 2	RF over LF, heel turn right, LF step left side	18:00
3 - 4	RF over LF, heel turn right, LF step left side	18:00
5 - 6	1/8 turn ri, RF stomp, (19:30), ¼ turn le, LF stomp	16:30
7 - 8	¼ turn ri, RF stomp, (19:30)1/8 turn le, LF stomp	18:00

## **Part:B**

### **Toe Strut, Heel Bounc 3x, Switch Over, Heel Bounc 3x**

&1	RF step on toe forward, drop heel	12:00
2-3-4	move heel up and down 3x (right hand smokes a cigar)	12:00
&5	RF together, LF step on toe forward, drop heel	12:00
6-7-8	move heel up and down 3x (right hand top right, left hand strokes from chest down to belly)	12:00

### **Switch Over, Step Forward, Point, Step Back Point**

&1- 2	LF together, RF step forward, LF step forward	12:00
3 - 4	RF step forward, LF toe point left	12:00
5 - 6	LF step back, RF step back,	12:00
7 - 8	LF step back, RF toe point right	12:00

### **Step Turn Left 2x, Cross Step Point, 2x**

1 - 2	RF step forward, ½ turn left	18:00
3 - 4	RF step forward, ½ turn left	12:00
5 - 6	RF cross LF, LF toe point left	12:00
7 - 8	LF cross RF, RF toe point right	12:00

### **8 Step Full Turn Left**

1 - 2	RF step forward turn 1/8 turn left, LF step forward 1/8 turn left	09:00
3 - 4	RF step forward turn 1/8 turn left, LF step forward 1/8 turn left	18:00
5 - 6	RF step forward turn 1/8 turn left, LF step forward 1/8 turn left	15:00
7 - 8	RF step forward turn 1/8 turn left, LF step forward 1/8 turn left	12:00

No liability for errors of any kind!

*Smile and have fun*



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