

Cowboy Polka

Count: 32

Wand: 4

Ebene: Improver polka

Choreograf/in: Nancy Morgan (USA)

Musik: Rollercoaster - The Grid



TWO SHUFFLE FORWARD, FORWARD ROCK, STEP BACK, ROTATE ON BALL OF FOOT ½ TURN AS YOU CROSS LEFT OVER RIGHT

- 1&2 Shuffle forward right - right, left, right
- 3&4 Shuffle forward left - left, right, left
- 5-6 Rock/step forward on right and return left
- 7-8 Step back on right toe, pivot ½ turn to your left as you cross your left over your right ankle

SHUFFLE FORWARD, TWO KICK-BALL-CHANGES, ¼ TURN PIVOT

- 1&2 Shuffle forward left - left, right, left
- 3&4 Kick-ball-change - kick right foot forward, step right next to left as you pick up left off floor, step left next to right
- 5&6 Kick-ball-change - kick right foot forward, step right next to left as you pick up left off floor, step left next to right
- 7-8 Step forward on right, pivot ¼ turn to your left (weight is on left)

SHUFFLE FORWARD, STEP BACK ½ TURN RIGHT, STEP FORWARD ½ TURN RIGHT, SHUFFLE FORWARD, SIDE ROCK

- 1&2 Shuffle forward right - right, left, right
- 3 Step back on left as you turn ½ turn to your right
- 4 Step forward on right ½ turn to your right
- 5&6 Shuffle forward - left, right, left
- 7-8 Side rock - rock/step right foot out to right side and step left foot slightly forward and to left side

STEP BEHIND, STEP, STEP FORWARD, ½ TURN, FORWARD ROCK, COASTER STEP

- 1&2 Step right behind left, step left to left side, step right foot forward
- 3-4 Step forward on left, pivot ½ turn to right (weight is on right)
- 5-6 Rock/step forward on left and return on right (weight is on right)
- 7&8 Coaster step - step back on left, step back on right, step forward on left

REPEAT
