

# Sweetback Polka

**COPPER** **KNOB**  
BY SHEETS

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Don Pascual (FR) - September 2011

Musik: I Want to Be a Real Cowboy Girl - The Sweetback Sisters



## Start on vocals

### Section 1: Heel R fwd, hook R, shuffle to the R, heel L fwd, hook L, L shuffle fwd

- 1-2 R heel forward (R diagonal), cross R feet over L shin
- 3&4 Step R to the R, L beside R, step R to the R
- 5-6 L heel forward (L diagonal), cross L feet over R shin
- 7&8 Step L forward, R beside L, step L forward

### Section 2: R heel grind, behind, side, cross, L heel grind, behind, side, cross

- 1-2 R heel forward (toes to the L), turn R toes to the R and step L to L side
- 3&4 Cross R behind L, step L to L side, cross R over L
- 5-6 L heel forward (toes to the R), turn L toes to the L and step R to R side
- 7&8 Cross L behind R, step R to R side, cross L over R

### Section 3: Step R fwd, touch L beside R, kick L, touch L beside R, L&R mashed potatoes, point L behind R, ½ T to the L

- 1-2 Step R forward, touch L beside R (L knee inward)
- 3-4 L Kick forward (L diagonal), touch L beside R (L knee inward)
- &5 Twist R heel outward while travelling L feet backward, step back on L (twisting both heels inward)
- &6 Twist L heel outward while travelling R feet backward, step back on R (twisting both heels inward)
- 7-8 Point L behind R, ½ T to the L (ending weight on L)

**Easy option: Mashed potatoes can be replaced with two steps back (L and R) with sweep**

### Section 4: R heel strut, L beside R & R heel strut, heel switches L &R, stomp L beside R, slap x2

- 1-2 R heel forward (R diagonal), drop R ball
- & Step L beside R
- 3-4 R heel forward (R diagonal), drop R ball
- 5&6 L heel forward, L beside R, R heel forward
- &7 R beside L, L stomp beside R,
- &8 Slap both thighs backward with your L&R palms, slap both thighs forward with your L&R palms (knees bent)

**Tag: (end of wall 5 & 12: step turn x2)**

**At the end of wall 5 & 12 ( after the yodeling sections) add the 4 following counts:**

**Step turn x 2:**

- 1-2 Step R forward, ½ T to the L
- 3-4 Step R forward, ½ T to the L

**Style: You can swirl a lasso with your right hand**

**Have fun with this dance !!!**

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