

Pigeon's Foot

Compte: 40

Mur: 4

Niveau: Easy Intermediate Polka

Chorégraphe: Magali CHABRET (FR) - November 2015

Musique: Pigeon's Foot - The Lonesome Trio : (CD: The Lonesome Trio)



#16 counts intro

Section 1 – RIGHT TRIPLE FWD, LEFT TRIPLE FWD, OUT-OUT, HOLD, RIGHT SAILOR

- 1&2 Step right forward – step left beside right – step right forward
- 3&4 Step left forward – step right beside left – step left forward
- &5-6 Step right diagonally right forward (out) – step left to left side (out) – hold
- 7&8 Step ball of right behind left – step left to side – step right to side

Section 2 – TOUCH, SCOOT, BACK, BACK ROCK, KICK BALL STEP, KICK BALL TOUCH

- 1&2 Touch left toe behind right – scoot back on ball of right – step back on left
- 3-4 Rock back on right – recover onto left
- 5&6 Kick right forward – step right next to left – step left forward
- 7&8 Kick right forward – step right next to left – touch left toe beside right

Section 3 – CHASSE L, ¼ RIGHT WITH CHASSE R, ¼ RIGHT WITH CHASSE L, ¼ RIGHT WITH CHASSE R

- 1&2 Step left to side – step right beside left – step left to side
- 3&4 1/4 turn right stepping right to side – step left beside right – step right to side
- 5&6 1/4 turn right stepping left to side – step right beside left – step left to side
- 7&8 1/4 turn right stepping right to side – step left beside right – step right to side (9:00)

Section 4 – HEEL GRIND, SIDE, BEHIND, SIDE, HEEL GRIND, SIDE, TOGETHER (appart position), SWIVET

- 1-2 Cross left heel over right – grind left heel stepping right to side
- 3& Step left behind right – step right to side
- 4-5 Cross left heel over right – grind left heel stepping right to side
- 6 Step left beside right (appart position)
- 7-8 Swivel right toe to right & left heel to left – drop to center (weight on right)

Option fun : &7&8 Swivet to right (&) – drop to center (7) - Swivet to left (&) – drop to center (8)

Section 5 – LEFT ROLLING VINE, HOLD, RIGHT JAZZ BOX SQUARE

- 1-2-3 1/4 turn left stepping left forward – 1/2 turn left stepping back on right – 1/4 turn left stepping left to side (9:00)
- 4 Hold ** Restart **
- 5-8 Cross right over left – step back on left – step right to side – step left forward

RESTART : during 3rd and 7th walls, dance 36 counts, then Restart from the beginning, face to 3:00

« Croquez la vie à pleines danses ! » □

Original stepsheet of the choreographer - galicountry76@yahoo.fr - www.galichabret.com