

# Polished

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Lynn Dodge (USA)

Musique: Chrome - Trace Adkins



## **KICK & KICK-CROSS, TWIST & TWIST, MAMBO RIGHT, MAMBO BACK**

- 1& Kick right forward, step right foot next to left foot  
2& Kick left forward, cross ball of left foot over right  
3&4 Twist heels left - right - left, turning  $\frac{1}{2}$  to right & shifting weight onto left  
5&6 Rock right to right side, replace weight onto left, step right next to left  
7&8 Step left back, replace weight onto right, step left next to right

## **POINT, $\frac{1}{2}$ TURN-STEP, ROCK-STEP-CROSS, TWIST & TWIST, RIGHT COASTER**

- 1-2 Point right foot to right side, turn  $\frac{1}{2}$  to right stepping right next to left  
3&4 Rock left to left side, replace weight onto right, cross ball of left over right  
5&6 Twist heels left - right - left, turning  $\frac{1}{2}$  to right & shifting weight onto left  
7&8 Step right back, step left next to right, step right forward

## **LEFT KICK-STEP, ROCK-STEP, RIGHT KICK-STEP, ROCK-STEP, HEEL & HEEL & POINT, $\frac{1}{2}$ TURN-STEP**

- 1&2& Kick left forward, step forward on left, right rock back and behind left, step left forward  
3&4& Kick right forward, step forward on right, left rock back and behind right, step right forward  
5&6& Tap left heel forward, step left next to right, tap right heel forward, step right next to left  
7-8 Point left foot to left side, turn  $\frac{1}{2}$  to left stepping left next to right

## **ROCK, STEP, 1- $\frac{1}{4}$ TURN TO RIGHT, STEP LEFT, TOUCH RIGHT, STEP RIGHT, STEP LEFT**

- 1-2 Rock right forward diagonally across left, replace weight onto left  
3&4 Step right, turning  $\frac{1}{4}$  to the right, step left, turning  $\frac{1}{2}$  to the right, step right, turning  $\frac{1}{2}$  to the right  
5-6 Step left to the left, touch right next to left (may do left side body roll while stepping left)  
7-8 Step right to the right, step left next to right (may do right side body roll while stepping right)

## **REPEAT**

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