

Chicken Polka

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Phrased easy Intermediate Polka
编舞者: John Dembiec (USA) - January 2015
音乐: Sic 'Em on a Chicken - Zac Brown Band



(**Note- At the end of the 8th A, the music slows down. Adjust your pace to the tempo.
Part B has a very short lead in after the Tag. Same for going back to A. Be ready to go)
Seq: (Ax8 Tag Bx5 Tagx2 AA)

32 count intro, Start on vocals

Part A – 32 counts

A[1-8] □ TRIPLE FORWARD, ROCK, TRIPLE BACK, ROCK

1&2 Triple forward R, L, R
3-4 Rock R forward, Replace back to L
5&6 Triple back R, L, R
7-8 Rock R back, Replace back to L

A[9-16] □ CROSSING HEEL JACKS, HEEL TOUCHES, ROCK

1&2& Cross R over L, Step L back diagonal, Touch R heel forward, Step R next to L
3&4& Cross Lover R, Step R back Diagonal, Touch L heel forward, Step L next to R
5&6& Touch R heel forward, Step R next to L, Touch L heel forward, Step L next to R
7-8 Rock R forward, Replace to L

A[17-24] □ ½ TURN TRIPLE, ROCK, COASTER, KICK-BALL-CHANGE

1&2 Making ½ turn to R triple R, L, R
3-4 Rock L forward, Replace to R
5&6 Step L back, Step R next to L, Step L forward
7&8 Kick R forward, Step R next to L

A[25-32] □ ¼ TURN SIDE TRIPLE, ROCK, SIDE TRIPLE, ROCK

1&2 Making ¼ turn L Step R to R, Step L next to R, Step R to R
3-4 Rock L back diagonal behind R, Replace R
5&6 Step L to L, Step R next to L, Step L to L
7-8 Rock R back diagonal behind L, Replace to L

Part B – 16 counts

Option B1 – APPLEJACKS, HEEL-TOE TOUCH, STEP, SCUFF ¼ TURN JAZZ BOX

1-8 Swivel L toe & R heel to L, Back to center, Swivel R toe & L heel to R, Back to center
(This is all syncopated alternating L and R for 8 counts. See YouTube for demo)
9-12 Touch R heel forward then back, Step R forward, Brush L forward
13-16 Making ¼ turn R Step L over R, Step R back, Step L to L, Step R next to L

Option B2 – VINES, HEEL TOUCHES, SCUFF, ¼ TURN JAZZ BOX

1-4 Step R to R, L behind R, R to R, Touch L heel forward
5-8 Step L to L, Step R behind L, Step L to L, Touch R heel forward
9-12 Step R next to L, Touch L heel forward, Step L next to R, Scuff R forward
13-16 Cross R over L, Making ¼ turn R step back on L, Step R slightly to R, Step L next to R

TAG:- 4 count Jazz box- Cross R over L, Making ¼ turn R step back on L, Step R slightly to R, Step L next to R

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