

Polk Salad Annie

COPPERKNOB
STEPPERS

拍数: 60 墙数: 2 级数: contra dance
编舞者: Eric Toth (USA)
音乐: Polk Salad Annie - Tony Joe White



This dance works best with at least 4 rows. Row 1 and 2 facing each other, staggered and row 3 and 4 facing each other, staggered. There is a very interesting way that the lines cross.

KICK, KICK, ROCK, RECOVER

- 1 Kick right foot forward
- 2 Kick right foot forward
- 3 Rock back on your right foot
- 4 Step forward on your left foot

SHUFFLE, SHUFFLE, SHUFFLE

- 5&6 Shuffle forward right, left, right
- 7&8 Shuffle forward left, right, left
- 9&10 Shuffle forward right, left, right

STEP, ¼ TURN, STEP, ¼ TURN

- 11 Step forward on the ball of your left foot
- 12 Pivot ¼ turn to your right (weight on the balls of both feet)
- 13 Step forward on the ball of your left foot
- 14 Pivot ¼ turn to your right (weight on the balls of both feet)

ROCK, RECOVER, ROCK BACK, RECOVER

- 15 Rock forward on your left foot
- 16 Rock backwards on your right foot
- 17 Rock backwards on your left foot
- 18 Rock forward on your right foot

STEP, PIVOT ½, STEP, PIVOT ½

- 19 Step forward on the ball of your left foot
- 20 Pivot ½ turn to your right (weight on balls of both feet)
- 21 Step forward on the ball of your left foot
- 22 Pivot ½ turn to your right (weight on balls of both feet)

SHUFFLE, SHUFFLE, SHUFFLE

- 23&24 Shuffle forward left, right, left
- 25&26 Shuffle forward right, left, right
- 27&28 Shuffle forward left, right, left

STEP, ¼ TURN, STEP, ¼ TURN

- 29 Step forward on the ball of your right foot
- 30 Pivot ¼ turn to your left (weight on the balls on both feet)
- 31 Step forward on the ball of your right foot
- 32 Pivot ¼ turn to your left (weight on the balls on both feet)

CROSS, STEP, SLIDE, CROSS

- 33 Cross your right foot over in front of your left foot (take weight)
- 34 Step your left foot out slightly to your left
- 35 Slide your right foot up next to your left foot (take weight)

36 Cross your left foot over in front of your right foot (take weight)

GRAPEVINE RIGHT, TAP

37 Step your right foot to the right
38 Step your left foot behind your right
39 Step your right foot to the right
40 Tap your left toes next to your right foot

GRAPEVINE LEFT, PIVOT ½

41 Step your left foot to the left
42 Step your right foot behind your left
43 Step your left foot to the left (weight on the ball of your left foot)
44 Pivot ½ turn to your left (weight on the ball of your left foot, shift your weight to your right foot as you step down on it)

HIP BUMPS

45 Bump your right hip to the right
46 Bump your right hip to the right
47 Bump your left hip to the left
48 Bump your left hip to the left
49 Bump your hips right
50 Bump hips left
51 Bump hips right
52 Bump hips left

STEP, PIVOT ½, STEP, PIVOT ½

53 Step forward on the ball of your right
54 Pivot ½ turn to your left (weight on the balls of both feet)
55 Step forward on the ball of your right
56 Pivot ½ turn to your left (weight on the balls of both feet)

STOMP, STOMP, ROCK, RECOVER

57 Stomp your right foot
58 Stomp your right foot
59 Rock back on your right foot
60 Step forward on your left foot

REPEAT
