

Polk Salad Annie

COPPER **NOB**
STEPSHEETS

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Maggie Gallagher (UK) & Pat Stott (UK)
音乐: Polk Salad Annie - John Dean



Sequence: AAB, A (49-80), AA, B (1-24 repeated twice), B (1-16). Or split the floor and one side can dance part A all the way through the music

SECTION A

Commence facing back of room

STEP FORWARD, SLOW TURN ½ TO LEFT SHOULDER SHIMMIES, KNEE POPS

- 1-6 Step forward on right, with knees bent slowly ½ turn to left keeping weight on right (shimmy shoulders as in "hot tamales")
7-8 Transfer weight to left and pop right knee in, transfer weight to right and pop left knee in

FORWARD, TOUCH, FORWARD, TOUCH, 2 WALKS FORWARD, ½ PIVOT

- 9-10 Step forward on left, touch right toe to right side
11-12 Step forward on right, touch left toe to left side
13-14 Walk forward - left, right
15-16 Step forward on left, pivot ½ to right transferring weight to right

STEP FORWARD HIP BUMPS, STEP FORWARD, HIP BUMPS, KICK, BALL, 3 BOOGIE WALKS

- 17&18 Step forward on left, bump hips - left, right, left
19&20 Step forward on right, bump hips - right, left, right
21&22 Kick left foot forward, step onto ball of left, step forward on right (swiveling)
23-24 Walk forward -left, right (swiveling feet as you walk forward)

Boogie walks: step forward onto ball of foot with heel turned in and as you place your weight down push heel out to side

STEP OUT, STEP OUT, HOLD 3 BEATS, PADDLE ¼ TURN, PADDLE ¼ TURN

- &25 Step to left side, step right to right side and turn head to right
26-28 Hold
29-30 Step forward on right, turn ¼ to left transferring weight onto left
31-32 Repeat 29-30

On each paddle turn slowly rotate hips in a circle from left to right

SHUFFLE FORWARD, ½ TURN AND SHUFFLE FORWARD, ¼ TURN AND SHUFFLE FORWARD, ½ TURN AND SHUFFLE FORWARD

- 33&34 Shuffle forward - right, left, right
35&36 Turn ½ to left & shuffle forward - left, right, left
37&38 Turn ¼ to right & shuffle forward - right, left, right
39&40 Turn ½ to left & shuffle forward - left, right, left

STEP FORWARD, HOLD AND SNAP, ¼ TURN & STEP BACK, HOLD AND SNAP, STEP FORWARD HOLD AND SNAP, ¼ TURN & STEP BACK, HOLD AND SNAP

- &41-42 Step forward on right, step left slightly to left, hold & snap fingers above head
&43-44 Turning ¼ to right step back on right, step left slightly to left, hold & snap fingers by each side
&45-48 Repeat steps & 41 - 44

RIGHT FOOT FORWARD, TAP HEEL 3 TIMES, LEFT FOOT FORWARD, TAP LEFT HEEL 3 TIMES

- 49-52 Place right foot forward and raise and lower right heel 3 times
Right arm forward with palm facing down and move arm to right side over the 4 beats
53-56 Repeat 49-52 commencing with left foot and left arm

CHASSE TO RIGHT, ROCK BACK, RECOVER, SIDE, HOLD & CLAP, CLOSE, SIDE, HOLD & CLAP, CLOSE, ¼ TURN, ½ PIVOT

57&58	Step right to right, close left to right, step right to right
59-60	Rock back on left, recover onto right
61-62	Step left to left, hold & clap
&63-64	Close right to left, step left to left, hold and clap
&65	Close right to left, turn ¼ to left and step forward on left
66-68	Step forward on right, pivot ½ turn to left transferring weight to left step forward on right

ROCK FORWARD, RECOVER, COASTER STEP, ROCK FORWARD, RECOVER, ½ TRIPLE TO RIGHT, ROCK FORWARD, RECOVER, COASTER STEP

69-70	Rock forward on left, recover onto right
71&72	Step back on left, close right to left, step forward on left
73-74	Rock forward on right, recover onto left
75&76	½ triple step turning to right - right, left, right
77-78	Rock forward on left, recover on right
79&80	Step back on left, close right to left, step forward on left

PART B

KNEE POPS, ¼ TURN, STEP, TOUCH, STEP, TOUCH, HIPS THRUSTS. ¼ TURN, STEP, TOUCH, STEP, TOUCH, KNEE KNOCKS, ¼ TURN, STEP, TOUCH, STEP, TOUCH

1-2	Weight on left, turn right knee in towards left, weight transfers to right, pop left knee in towards right
3-4	Step forward on left, turn ¼ to right (weight now on right)
5-6	Step forward on left, touch right toe to right side
7-8	Step forward on right, touch left toe forward
9-10	Thrust hips - twice (pulling arms back at waist level as the hips go forward)
11-12	Step forward on left, turn ¼ to right transferring weight to right
13-14	Step forward on left, touch right toe to right side
15-16	Step forward on right, touch left toe forward
17-18	Knock knees together - twice
19-20	Step forward on left, turn ¼ to right
21-22	Step forward on left, touch right toe to right side
23-24	Step forward on right, touch left toe forward
25-40	Repeat steps 1 - 16

KNEE KNOCKS, CROSS, POINT, CROSS, POINT, CLOSE, TOUCH

41-48	Knock knees together twice, step forward on left, touch right toe to right, step right across left, touch left toe to left, close left to right, touch right toe to right
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