

# Stone Cold Polka

**COPPER KNOB**  
BY STEPHENETS

拍数: 24                      墙数: 4                      级数: Beginner polka  
编舞者: Johnny J.  
音乐: Cajun Moon - Ricky Skaggs



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## POLKA FORWARD TWICE, HEEL SWITCHES, STEP, HEEL SPLIT

1&2                      Step forward on the left foot, step right next to left, step forward on the left foot  
3&4                      Step forward on the right foot, step left next to right, step forward on the right foot  
5&                      Touch left heel forward, step left foot next to right  
6&                      Touch right heel forward, step right foot next to left  
7&8                      Step slightly forward on left foot, fan heels out, return heels to center (ending with the weight on right foot)

## SKIP BACK TWICE, POLKA BACK, COASTER STEP, CROSS ROCK

9&                      Hitch left knee while scooting back on right foot, step left foot back  
10&                      Hitch right knee while scooting back on left foot, step right foot back  
11&12                      Step back on left foot, step right next to left, step back on left foot  
13&14                      Step back on right foot, step left next to right, step right foot forward  
15&16                      Cross rock left foot over right, recover weight to the right foot

## POLKA LEFT, CROSS ROCK, POLKA ¼ TURN RIGHT, WALK, WALK

17&18                      Step left to the left side, step right next to left, step left to the left side  
19-20                      Cross rock right foot over left, recover weight to the left foot  
21&22                      Step right to the right side, step left next to right, make ¼ turn right (to the right) and step right foot forward (3:00)  
23-24                      Walk forward left, right

**A harder option for the "brave": do a full turn instead of walking - make ½ turn to the left and step left foot back on 7, then make another ½ turn to the left on 8 and step right foot forward**

**REPEAT**

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