

# Tenderfoot Polka

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 0      级数:  
编舞者: Jim Wells (USA) & Judy Wells (USA)  
音乐: Are You Gettin' Tired of Me - BR5-49



## HEELS OUT-IN, TOES OUT-IN, HEELS OUT-IN-OUT, HEEL STOMPS

- 1-2            Heels spilt out and in
- 3-4            Fan toes out and in
- 5&6           Heels split out, in, out
- 7-8            Stomp heels twice, bringing them back to starting position (foot position #1)

**Weight should be on left foot on count 8**

## TOES IN, HEEL IN, SIDE POLKA, STOMP, STOMP, SIDE POLKA

- 9              Right toes in (toes are at instep of left foot)
- 10             Right heel in (heel is at instep of left foot)
- 11&12        Polka to the right (right-left-right)
- 13-14        Stomp left foot twice
- 15&16        Polka to the left (left-right-left)

## STEP, PIVOT, STEP, PIVOT, POLKA FORWARD, ROCK STEP

- 17            Step forward with right foot, keep left foot in place
- 18            Pivot ½ turn to the left
- 19            Step forward with right foot, keep left foot in place
- 20            Pivot ½ turn to the left
- 21&22        Polka forward (right-left-right)
- 23            Rock forward onto the left foot
- 24            Replace weight onto the right foot

## STEP, PIVOT, STEP, PIVOT, POLKA FORWARD, STOMP, STOMP

- 25            Step forward with the left foot, keep right foot in place
- 26            Pivot ¼ turn to the right
- 27            Step forward with left foot, keep right in place
- 28            Pivot ¼ turn to the right (you should now be facing the back wall)
- 29&30        Polka forward (left-right-left)
- 31            Stomp right foot
- 32            Stomp left foot (distribute weight evenly on the stomps to begin the dance again)

**REPEAT**