

# Hotfoot Polka

拍数: 64                      墙数: 4                      级数: Improver  
编舞者: Annette Wright (UK)  
音乐: Burnin' the Honky Tonks Down - Alan Jackson



## ROCK STEP FORWARD, ½ TURN SHUFFLES X 3(SEE OPTIONS)

1-2                      Rock forward on right, rock back onto left  
3&4                      Make a ½ turn to right stepping right forward, left beside, right forward  
5&6                      Make a ½ turn right moving backwards on left, right, left  
7&8                      Make a ½ turn to right moving forward on right, left, right

Options: the turning shuffle counts 5 & 6 7 & 8 may be danced straight forward without turning

## ROCK STEP FORWARD, LOCK STEPS BACK TWICE, ROCK STEP BACK

1-2                      Step forward to rock on left, rock back onto right  
3&4                      Step back on left, lock in front with right, step back on left  
5&6                      Step back on right, lock in front with left, step back on right  
7-8                      Rock back on left, rock forward onto right

## PIVOT TURN ½, PIVOT TURN ¼, ROCKING CHAIR

1-2                      Left foot forward, pivot ½ turn to right onto right foot  
3-4                      Left foot forward, pivot ¼ turn to right onto right foot  
5-6                      Rock forward on left, rock back onto right  
7-8                      Rock back on left, rock forward onto right

## HEEL CHANGES, CLAP TWICE

1&2&                      Touch left heel forward, step beside right, touch right heel forward, step beside left  
3&4                      Touch left heel forward, clap hands twice  
&5&6                      Step left beside right, touch right heel forward, step right beside left, touch left heel forward  
&7&8                      Step left beside right, touch right heel forward, clap hands twice

## GRAPEVINE, TOE TOUCH, POLKA(WITH SLIGHT LIFTING OF APPROPRIATE COMMENCING FOOT ON ALL POLKAS)

1-2-3-4                      Step right to right, step left behind, step right to right, toe touch left beside right  
5&6&                      Step left to left, step right beside, step left to left, step right beside  
7&8                      Step left to left, step right beside, step left to left. (all polka steps on ball of foot)

## GRAPEVINE, TOE TOUCH, POLKA(WITH SLIGHT LIFTING OF APPROPRIATE COMMENCING FOOT ON ALL POLKAS)

1-2-3-4                      Step right to right, step left behind, step right to right, toe touch left beside right  
5&6&                      Step left to left, step right beside, step left to left, step right beside  
7&8                      Step left to left, step right beside, step left to left. (all polka steps on ball of foot)

## DIAGONAL SHUFFLES TWICE(POLKA IF PREFERRED), ROCK STEP, DIAGONAL ½ TURN SHUFFLE (OR POLKA)

1&2                      Moving to right diagonal, step forward on right, step left beside, step forward on right  
3&4                      Moving to left diagonal, step forward on left, step right beside, step forward on left  
5-6                      Rock forward on right, rock back onto left  
7&8                      Make a ½ turn right repeating counts 1&2 of section 7

## DIAGONAL SHUFFLE(POLKA IF PREFERRED), STOMP TWICE

1&2                      Repeat counts 3 & 4 of section 7  
3-4                      Stomp right forward, stomp left beside right slightly apart

## **APPLEJACKS**

### **Options: foot boogie or swivets**

- 5&            Lifting left heel and right toe move right toe to right and left heel to right, replace these loose bits to center with weight
- 6&            Lifting right heel and left toe move left toe to left and right heel to right, replace these loose bits to center with weight
- 7&            Lifting left heel and right toe repeat counts 5 & of this section
- 8&            Lifting right heel and left toe repeat counts 6 & of this section

## **REPEAT**

### **Options from section 8**

#### **FOOT BOOGIE**

- 5-6            Both toes move out to opposite sides, both heels move out to opposite sides
- 7-8            Both heels move in together, both toes move in together

#### **SWIVETS**

- 5&            Lifting left heel and right toe move right toe to right and left heel to left, replace these loose bits to center with weight
  - 6&            Lifting right heel and left toe move left toe to left and right heel to right, replace these loose bits to center with weight
  - 7&            Lifting left heel and right toe repeat counts 5&
  - 8&            Lifting right heel and left toe repeat counts 6&
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