

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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