

# Cowboy Polka

拍数: 32      墙数: 4      级数: Improver polka  
编舞者: Nancy Morgan (USA)  
音乐: Rollercoaster - The Grid



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## TWO SHUFFLE FORWARD, FORWARD ROCK, STEP BACK, ROTATE ON BALL OF FOOT ½ TURN AS YOU CROSS LEFT OVER RIGHT

1&2      Shuffle forward right - right, left, right  
3&4      Shuffle forward left - left, right, left  
5-6      Rock/step forward on right and return left  
7-8      Step back on right toe, pivot ½ turn to your left as you cross your left over your right ankle

## SHUFFLE FORWARD, TWO KICK-BALL-CHANGES, ¼ TURN PIVOT

1&2      Shuffle forward left - left, right, left  
3&4      Kick-ball-change - kick right foot forward, step right next to left as you pick up left off floor, step left next to right  
5&6      Kick-ball-change - kick right foot forward, step right next to left as you pick up left off floor, step left next to right  
7-8      Step forward on right, pivot ¼ turn to your left (weight is on left)

## SHUFFLE FORWARD, STEP BACK ½ TURN RIGHT, STEP FORWARD ½ TURN RIGHT, SHUFFLE FORWARD, SIDE ROCK

1&2      Shuffle forward right - right, left, right  
3      Step back on left as you turn ½ turn to your right  
4      Step forward on right ½ turn to your right  
5&6      Shuffle forward - left, right, left  
7-8      Side rock - rock/step right foot out to right side and step left foot slightly forward and to left side

## STEP BEHIND, STEP, STEP FORWARD, ½ TURN, FORWARD ROCK, COASTER STEP

1&2      Step right behind left, step left to left side, step right foot forward  
3-4      Step forward on left, pivot ½ turn to right (weight is on right)  
5-6      Rock/step forward on left and return on right (weight is on right)  
7&8      Coaster step - step back on left, step back on right, step forward on left

REPEAT

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