

# Sweetback Polka

COPPER KNOB  
STEP SHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Don Pascual (FR) - September 2011  
音乐: I Want to Be a Real Cowboy Girl - The Sweetback Sisters



Start on vocals

## Section 1: Heel R fwd, hook R, shuffle to the R, heel L fwd, hook L, L shuffle fwd

1-2            R heel forward (R diagonal), cross R feet over L shin  
3&4            Step R to the R, L beside R, step R to the R  
5-6            L heel forward (L diagonal), cross L feet over R shin  
7&8            Step L forward, R beside L, step L forward

## Section 2: R heel grind, behind, side, cross, L heel grind, behind, side, cross

1-2            R heel forward (toes to the L), turn R toes to the R and step L to L side  
3&4            Cross R behind L, step L to L side, cross R over L  
5-6            L heel forward (toes to the R), turn L toes to the L and step R to R side  
7&8            Cross L behind R, step R to R side, cross L over R

## Section 3: Step R fwd, touch L beside R, kick L, touch L beside R, L&R mashed potatoes, point L behind R, ½ T to the L

1-2            Step R forward, touch L beside R (L knee inward)  
3-4            L Kick forward (L diagonal), touch L beside R (L knee inward)  
&5            Twist R heel outward while travelling L feet backward, step back on L (twisting both heels inward)  
&6            Twist L heel outward while travelling R feet backward, step back on R (twisting both heels inward)  
7-8            Point L behind R, ½ T to the L (ending weight on L)

**Easy option: Mashed potatoes can be replaced with two steps back (L and R) with sweep**

## Section 4: R heel strut, L beside R & R heel strut, heel switches L &R, stomp L beside R, slap x2

1-2            R heel forward (R diagonal), drop R ball  
&            Step L beside R  
3-4            R heel forward (R diagonal), drop R ball  
5&6            L heel forward, L beside R, R heel forward  
&7            R beside L, L stomp beside R,  
&8            Slap both thighs backward with your L&R palms, slap both thighs forward with your L&R palms (knees bent)

**Tag: (end of wall 5 & 12: step turn x2)**

**At the end of wall 5 & 12 ( after the yodeling sections) add the 4 following counts:**

**Step turn x 2:**

1-2            Step R forward, ½ T to the L  
3-4            Step R forward, ½ T to the L

**Style: You can swirl a lasso with your right hand**

**Have fun with this dance !!!**

**Contact: [countryscal@orange.fr](mailto:countryscal@orange.fr)**