

# Chicken Polka

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Phrased easy Intermediate Polka  
編舞者: John Dembiec (USA) - January 2015  
音樂: Sic 'Em on a Chicken - Zac Brown Band



(\*\*Note- At the end of the 8th A, the music slows down. Adjust your pace to the tempo.  
Part B has a very short lead in after the Tag. Same for going back to A. Be ready to go)  
Seq: (Ax8 Tag Bx5 Tagx2 AA)

32 count intro, Start on vocals

## Part A – 32 counts

### A[1-8] □ TRIPLE FORWARD, ROCK, TRIPLE BACK, ROCK

1&2      Triple forward R, L, R  
3-4      Rock R forward, Replace back to L  
5&6      Triple back R, L, R  
7-8      Rock R back, Replace back to L

### A[9-16] □ CROSSING HEEL JACKS, HEEL TOUCHES, ROCK

1&2&      Cross R over L, Step L back diagonal, Touch R heel forward, Step R next to L  
3&4&      Cross Lover R, Step R back Diagonal, Touch L heel forward, Step L next to R  
5&6&      Touch R heel forward, Step R next to L, Touch L heel forward, Step L next to R  
7-8      Rock R forward, Replace to L

### A[17-24] □ ½ TURN TRIPLE, ROCK, COASTER, KICK-BALL-CHANGE

1&2      Making ½ turn to R triple R, L, R  
3-4      Rock L forward, Replace to R  
5&6      Step L back, Step R next to L, Step L forward  
7&8      Kick R forward, Step R next to L

### A[25-32] □ ¼ TURN SIDE TRIPLE, ROCK, SIDE TRIPLE, ROCK

1&2      Making ¼ turn L Step R to R, Step L next to R, Step R to R  
3-4      Rock L back diagonal behind R, Replace R  
5&6      Step L to L, Step R next to L, Step L to L  
7-8      Rock R back diagonal behind L, Replace to L

## Part B – 16 counts

### Option B1 – APPLEJACKS, HEEL-TOE TOUCH, STEP, SCUFF ¼ TURN JAZZ BOX

1-8      Swivel L toe & R heel to L, Back to center, Swivel R toe & L heel to R, Back to center  
(This is all syncopated alternating L and R for 8 counts. See YouTube for demo)  
9-12      Touch R heel forward then back, Step R forward, Brush L forward  
13-16      Making ¼ turn R Step L over R, Step R back, Step L to L, Step R next to L

### Option B2 – VINES, HEEL TOUCHES, SCUFF, ¼ TURN JAZZ BOX

1-4      Step R to R, L behind R, R to R, Touch L heel forward  
5-8      Step L to L, Step R behind L, Step L to L, Touch R heel forward  
9-12      Step R next to L, Touch L heel forward, Step L next to R, Scuff R forward  
13-16      Cross R over L, Making ¼ turn R step back on L, Step R slightly to R, Step L next to R

TAG:- 4 count Jazz box- Cross R over L, Making ¼ turn R step back on L, Step R slightly to R, Step L next to R

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