

Lemming Polka

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Annette Badenhorst (SA) - August 2017
音樂: Don't Be a Lemming Polka - k.d. lang : (Album: Even cowgirls get the blues -
Soundtrack)



Intro: 10 Polka beats after Yeehaw – 8 seconds into track.

MAIN DANCE – 32 Counts

#1. (1-8) ¼ Vaudeville, Cross full unwind, R Pony steps

- 1 R diagonally forward (1) – [12:00]
2 & 3 & 4 L behind R (2), ¼ L stepping R to side (&), L heel forward (3), step L down in place (&), R fwd – [09:00]
5 Cross L over R and unwind full turn clockwise ending with weight on L and R hitched – [09:00]
6 & R fwd (6), step L closed behind R and dip down hitching R (&), - [09:00]
7 & R fwd (7), step L closed behind R and dip down hitching R (&), - [09:00]
8 R fwd - [09:00]

#2. (9-16) Forward rock, Back scoots, Coaster, Walk, Walk

- 1 – 2 Rock L forward (1), Recover onto R (2) – [09:00]
& 3 Scoot back on R hitching L foot (&), step back on L (3) – [09:00]
& 4 Scoot back on L hitching R foot (&), step back on R (4) – [09:00]
5 & 6 L back (5), R beside L (&), L fwd (6) – [09:00]
7 - 8 Walk R (7), Walk L (8) – [09:00]

#3. (17-24) Dorothy, ¼ Dorothy, ½ Pivot, Shuffle

- 1 – 2 & R Diagonal fwd (1), Lock L behind R (2), R Diagonal fwd (&) – [09:00]
3 – 4 & ¼ L stepping L fwd (3), Lock R behind L (4), L fwd (&) – [06:00]
5 – 6 R fwd (5), ½ L onto L (6) – [12:00]
7 & 8 R fwd (7), close L next to R (&), R fwd (8) – [12:00]

#4. (25-32) Forward rock, ½ Shuffle, Cross full unwind, Dip

- 1 – 2 Rock fwd on L (1), Recover onto R (2) – [12:00]
3 & 4 ½ Turn to L stepping L (3) R (&) L (4) – [06:00]
5 – 6 Cross R over L (5) & unwind L (6)- [06:00]
7 – 8 Keep heels together, toes fanned out, bend your knees (7), and recover (8) – [06:00]

TAG 1 – 18 Counts (1 x after wall 3 – 09:00, 2 x after wall 7 – 12:00)

TS1 (1-8) 2 x ½ Monterey turns,

- 1 2 3 4 Point R to right (1), ½ Turn R on ball of L step R next to L (2), Point L to L (3), Step L next to R (4)
5 6 7 8 Point R to right (5), ½ Turn R on ball of L step R next to L (6), Point L to L (7), Step L next to R (8)

TS2. (9-16) Chasse, Back rock, Chasse, Back rock

- 1 & 2 Step R to R (1), step L next to R (&), step R to R (2)
3 – 4 Rock L back (3), recover onto R (4)
5 & 6 Step L to L (5), step R next to L (&), step L to L (6)
7 – 8 Rock R back (7), recover onto L (8)

TS3. (17-18) Heel switches

- 1 & 2 & R heel fwd (1), Step R next to L (&), L heel fwd (2), Step L next to R (&)

TAG 2 – 4 Counts (1 x After Wall 3 and Tag 1 – 09:00, 1 x After Wall 7 and both of Tag 1 – 12:00)

T2: 2 x Kick ball changes

1 & 2 Kick R (1), step R next to L (&), Point L to L (2)

3 & 4 Kick L (1), step L next to R (&), Point R to R (2)

BRIDGE – 16 Counts (Replaces first 16 counts of wall 4 – 09:00)

B1. (1-8) Apple jacks, Boot slap back, Boot slap across, ¼ Boot slap, Stomp, Stomp,

1 & Start with feet slightly apart in parallel. Swivel L heel & R toe both to R. Swivel Back to original position.

2 & Change weight and swivel R heel & L toe to L. Swivel back to original position.

3 & Swivel L heel & R toe both to R. Swivel Back to original position.

4 & Change weight and swivel R heel & L toe to L. Swivel back to original position.

5 & R fwd (5), flick L foot up behind R and slap with R hand (&),

6 & L back (6), Hook R across L and slap R foot with L hand (&),

7 & 8 ¼ L turn on L and flick R foot back and out to R, slap with R hand (7), R stomp (&), L stomp (8)

B2. (9-16) Charleston, Step scuff hitch, Coaster

1 & 2 & Touch R forward (1), Step R back (&), Touch L back (2), Step L fwd (&)

3 & 4 & Touch R forward (3), Step R back (&), Touch L back (4), Step L fwd (&)

5 – 6 R fwd (5), L scuff & hitch (6)

7 & 8 L Back (7), R next to L (&), L fwd (8)

Sequence: 32, 32, 16, Tag 1, Tag 2, Bridge + last 16 counts, 32, 32, 16, Tag 1, Tag 1, Tag 2

Wall 1 12:00 - 32

Wall 2 06:00 - 32

Wall 3 12:00 - 16, Tag 1, Tag 2

Wall 4 09:00 - Bridge + last 16 Counts of Main dance

Wall 5 03:00 - 32

Wall 6 09:00 - 32

Wall 7 03:00 - 16, Tag 1, Tag 1, Tag 2

Contact: nettie.arb@gmail.com
