

Polk Salad

拍數: 56 牆數: 4 級數: Intermediate
編舞者: William Sevone (UK)
音樂: Polk Salad Annie - Tony Joe White



KICK-¼ TURN TOUCH-¼ TURN TOGETHER (12:00)

- 1-2 Kick right foot forward, turn ¼ right & touch right toe to right side
- 3-4 Turn ¼ left & touch right toe to right side, step right foot next to left
- 5-6 Kick left foot forward, turn ¼ left & touch left toe to left side
- 7-8 Turn ¼ right & touch left toe to left side, step left foot next to right

On counts 2 and 5, for ease, turn upper boy only

KICK BACK FORWARD, FORWARD BODY ROLL - OR OPTION, CROSS-SIDE TOUCH, FORWARD COASTER STEP (12:00)

- 9&10 Kick right foot forward, step backward onto right foot, step slightly forward on left foot
- 11-12 Bending at knees then straightening up - forward body roll (over two counts)

Option: bend knees on 11, straighten up on 12

- 13-14 Cross touch right toe over left foot, touch right toe to right side
- 15&16 Step backward onto right foot, step left foot next to right, step forward onto right foot

KICK BACK FORWARD, FORWARD BODY ROLL - OR OPTION, CROSS-SIDE TOUCH, FORWARD COASTER STEP (12:00)

- 17&18 Kick left foot forward, step backward onto left foot, step slightly forward onto right foot
- 19-20 Bending at knees then straightening up - forward body roll (over two counts)

Option: bend knees on 19, straighten up on 20

- 21-22 Cross touch left toe over right foot, touch left toe to left side
- 23&24 Step backward onto left foot, step right foot next to left, step forward onto left foot

4X FORWARD SHUFFLE (SEE DANCE NOTE)

- 25&26 Shuffle forward stepping right, left-right
- 27&28 Shuffle forward stepping left, right-left
- 29&30 Shuffle forward stepping right, left-right
- 31&32 Shuffle forward stepping left, right-left

These shuffles are very short

2X DIAGONAL KICKS-BACKWARD SHUFFLE (SEE DANCE NOTE)

- 33-34 Kick right foot diagonally forward right, repeat kick
- 35&36 Shuffle backward stepping right, left-right
- 37-38 Kick left foot diagonally forward left, repeat kick
- 39&40 Shuffle backward stepping left, right-left

These shuffles are short

2X 'CHUBBY BROWN' SIDE ROCK, RECOVER, TOGETHER, ¼ RIGHT STEP FORWARD, (3:00)

- 41-42 Turn ¼ right & step/touch right foot to right side, turn ¼ left & step right foot next to left
- 43-44 Turn ¼ left & step/touch left foot to left side, turn ¼ right & step left foot next to right
- 45-46 Rock right foot to right side, step onto left foot
- 47-48 Step right foot next to left, turn ¼ right & step forward onto left foot

On counts 41 and 43, for ease, turn upper boy only

FORWARD SHUFFLE, ROCK, RECOVER, BACKWARD SHUFFLE, ROCK, RECOVER (3:00)

- 49&50 Shuffle forward stepping right, left-right
- 51-52 Rock forward onto left foot, rock backward onto right foot

53&54 Shuffle backward stepping left, right-left
55-56 Rock backward onto right foot, step onto left foot

REPEAT
