

# Stone Cold Polka

**COPPER KNOB**  
BY STEPHENETS

拍數: 24      牆數: 4      級數: Beginner polka  
編舞者: Johnny J.  
音樂: Cajun Moon - Ricky Skaggs



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## **POLKA FORWARD TWICE, HEEL SWITCHES, STEP, HEEL SPLIT**

1&2      Step forward on the left foot, step right next to left, step forward on the left foot  
3&4      Step forward on the right foot, step left next to right, step forward on the right foot  
5&      Touch left heel forward, step left foot next to right  
6&      Touch right heel forward, step right foot next to left  
7&8      Step slightly forward on left foot, fan heels out, return heels to center (ending with the weight on right foot)

## **SKIP BACK TWICE, POLKA BACK, COASTER STEP, CROSS ROCK**

9&      Hitch left knee while scooting back on right foot, step left foot back  
10&      Hitch right knee while scooting back on left foot, step right foot back  
11&12      Step back on left foot, step right next to left, step back on left foot  
13&14      Step back on right foot, step left next to right, step right foot forward  
15&16      Cross rock left foot over right, recover weight to the right foot

## **POLKA LEFT, CROSS ROCK, POLKA ¼ TURN RIGHT, WALK, WALK**

17&18      Step left to the left side, step right next to left, step left to the left side  
19-20      Cross rock right foot over left, recover weight to the left foot  
21&22      Step right to the right side, step left next to right, make ¼ turn right (to the right) and step right foot forward (3:00)  
23-24      Walk forward left, right

**A harder option for the "brave": do a full turn instead of walking - make ½ turn to the left and step left foot back on 7, then make another ½ turn to the left on 8 and step right foot forward**

**REPEAT**

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