

Sweetback Polka

COPPER **KNOB**
BY SHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Don Pascual (FR) - September 2011
音樂: 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