$J \odot Ily-Dancers$

Lightning Polka

32 count, 4 wall, Intermediate

Choreographer: Peter Metelnick (Canada) Choreographed to: Sin Wagon by Dixie Chicks

I Want You Want Me by Jim Witter

Section 1	Right Rock, Syncopated Weave, Left Rock, Modified Sailor Step
1 - 2	Rock To Right Side On Right. Rock Onto Left In Place.
3 & 4	Cross Right Behind Left. Step Left To Left Side. Cross Right Over Left.
5 - 6	Rock To Left Side On Left. Rock Onto Right In Place.
7 & 8	Cross Left Behind Right. Step Right Slightly Right. Step Forward Left.
Section 2	Shuffle Forward, Step 1/2 Pivot Right, Heel Switches, Toe Touch
9 & 10	Step Forward Right. Close Left Beside Right. Step Forward Right.
11 - 12	Step Forward Left. Pivot 1/2 Turn Right.
13 &	Touch Left Heel Forward. Step Left Beside Right.
14 &	Touch Right Heel Forward. Step Right Beside Left.
15 - 16	Touch Left Heel Forward. Hook Left Across Right Tapping Toe To Floor.
Section 3	Shuffle Forward, Step 1/2 Pivot, Heel Switches, Stomp 1/4 Turn Kick
Section 3 17 & 18	Shuffle Forward, Step 1/2 Pivot, Heel Switches, Stomp 1/4 Turn Kick Step Forward Left. Close Right Beside Left. Step Forward Left.
17 & 18	Step Forward Left. Close Right Beside Left. Step Forward Left.
17 & 18 19 - 20	Step Forward Left. Close Right Beside Left. Step Forward Left. Step Forward Right. Pivot 1/2 Turn Left.
17 & 18 19 - 20 21 &	Step Forward Left. Close Right Beside Left. Step Forward Left. Step Forward Right. Pivot 1/2 Turn Left. Touch Right Heel Forward. Step Right Beside Left.
17 & 18 19 - 20 21 & 22 &	Step Forward Left. Close Right Beside Left. Step Forward Left. Step Forward Right. Pivot 1/2 Turn Left. Touch Right Heel Forward. Step Right Beside Left. Touch Left Heel Forward. Step Left Beside Right.
17 & 18 19 - 20 21 & 22 & 23	Step Forward Left. Close Right Beside Left. Step Forward Left. Step Forward Right. Pivot 1/2 Turn Left. Touch Right Heel Forward. Step Right Beside Left. Touch Left Heel Forward. Step Left Beside Right. Stomp Right Beside Left (no Weight).
17 & 18 19 - 20 21 & 22 & 23 24	Step Forward Left. Close Right Beside Left. Step Forward Left. Step Forward Right. Pivot 1/2 Turn Left. Touch Right Heel Forward. Step Right Beside Left. Touch Left Heel Forward. Step Left Beside Right. Stomp Right Beside Left (no Weight). On Ball Of Left Make 1/4 Turn Right Kicking Right Forward.
17 & 18 19 - 20 21 & 22 & 23 24 Section 4	Step Forward Left. Close Right Beside Left. Step Forward Left. Step Forward Right. Pivot 1/2 Turn Left. Touch Right Heel Forward. Step Right Beside Left. Touch Left Heel Forward. Step Left Beside Right. Stomp Right Beside Left (no Weight). On Ball Of Left Make 1/4 Turn Right Kicking Right Forward. Coaster Step, Shuffle Forward, Step 1/2 Pivot, Walk Forward
17 & 18 19 - 20 21 & 22 & 23 24 Section 4 25 & 26	Step Forward Left. Close Right Beside Left. Step Forward Left. Step Forward Right. Pivot 1/2 Turn Left. Touch Right Heel Forward. Step Right Beside Left. Touch Left Heel Forward. Step Left Beside Right. Stomp Right Beside Left (no Weight). On Ball Of Left Make 1/4 Turn Right Kicking Right Forward. Coaster Step, Shuffle Forward, Step 1/2 Pivot, Walk Forward Step Back Right. Step Left Beside Right. Step Forward Right.
17 & 18 19 - 20 21 & 22 & 23 24 Section 4 25 & 26 27 & 28	Step Forward Left. Close Right Beside Left. Step Forward Left. Step Forward Right. Pivot 1/2 Turn Left. Touch Right Heel Forward. Step Right Beside Left. Touch Left Heel Forward. Step Left Beside Right. Stomp Right Beside Left (no Weight). On Ball Of Left Make 1/4 Turn Right Kicking Right Forward. Coaster Step, Shuffle Forward, Step 1/2 Pivot, Walk Forward Step Back Right. Step Left Beside Right. Step Forward Right. Step Forward Left. Close Right Beside Left. Step Forward Left.

Quelle:

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www.jolly-dancers.de 30.10.2012