



LIGHTNING POLKA

Choreographer: Peter Metelnick

Description: 32 Count - 4 Wall

Level: Beginner/intermediate

Suggested Music: Sin Wagon by Dixie Chicks - Cartoons: Little red ridinghood - Jim Witter: I Want You To Want Me - Sherrié Austin: Little Bird - Ned Sublette: Ghost Riders In The Sky

RIGHT SIDE ROCK & RECOVER, RIGHT BEHIND, LEFT TO LEFT SIDE, RIGHT CROSS OVER, LEFT SIDE ROCK & RECOVER, LEFT SAILOR STEP

- 1-2 Rock step right foot to right side, recover weight on left foot
- 3&4 Cross step right foot behind left, step left foot to left side, cross step right foot over left
- 5-6 Rock step left foot to left side, recover weight on right foot
- 7&8 Step left foot behind right, step right foot slightly to the right, step left foot forward

RIGHT FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT, RIGHT, LEFT HEEL SWITCHES, LEFT CROSS OVER TOE TOUCH

- 1&2 Step right foot forward, step left foot together, step right foot forward
- 3-4 Step left foot forward, pivot ½ right
- 5&6 Touch left heel forward, step left foot beside right, touch right heel forward
- & Step right foot beside left
- 7-8 Touch left heel forward, cross touch left toe over right foot

LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT & LEFT HEEL SWITCHES, RIGHT STOMP, ¼ RIGHT & KICK

- 1&2 Step left foot forward, step right foot together, step left foot forward
- 3-4 Step right foot forward, pivot ½ left
- 5&6 Touch right heel forward, step right foot beside left, touch left heel forward
- & Step left foot beside right
- 7 Stomp right foot together keeping weight on left foot
- 8 Turn ¼ right on left foot and kick right foot forward

RIGHT BACK COASTER STEP, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN FORWARD 2 (OR SPIN)

- 1&2 Step right foot back, step left foot together, step right foot forward
- 3&4 Step left foot forward, step right foot together, step left foot forward
- 5-6 Step right foot forward, pivot ½ left
- 7-8 Step right foot forward, step left foot forward

Alternate steps:

- 7 Step right foot forward turning ½ left
- 8 Step left foot back turning ½ left completing a full spin turning left & traveling forward

REPEAT

FOR THE TRACK "SIN WAGON"

In the middle of the song there is a spot where the beat ends, leaving just the vocals. Don't stop, just keep on dancing and the beat will kick back in. At the end of the song, the same thing happens (the beat ends but the vocals keep on). For a big finish complete the 1st 8 counts and then stomp right foot forward & hold to end (you will be facing right side wall.) Enjoy!