

# Sinful Polka

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**Count:** 48      **Wall:** 4      **Level:** Low Intermediate

**Choreographer:** Helen Woods – March 2018

**Music:** I Feel A Sin Comin On by Rachel Lipsky [Album: Step Off Into It] (96 BPM, 2:33)

## Step sheet prepared by Harry Woods

### #32 count intro, support on left

#### SECTION 1: TRIPLE FORWARD, TRIPLE FORWARD, ROCK FORWARD, RECOVER, TRIPLE HALF TURN RIGHT

- 1&      Step right forward, step left together (3rd position)
- 2      Step right forward
- 3&      Step left forward, step right together (3rd position)
- 4      Step left forward
- 5      Rock right forward
- 6      Recover left then turn  $\frac{1}{4}$  right (3:00)
- 7&      Step right to side, step left together then turn  $\frac{1}{4}$  right (6:00)
- 8      Step right forward then turn  $\frac{1}{4}$  right (9:00)

#### SECTION 2: TRIPLE HALF TURN RIGHT, ROCK BACK, RECOVER, KICK, KICK, ROCK BACK, RECOVER

- 1&      Step left to side, step right together then turn  $\frac{1}{4}$  right (12:00)
- 2      Step left back
- 3      Rock right back
- 4      Recover left
- 5      Kick right diagonally forward (on 3rd and 6th rotations look over left shoulder)
- 6      Kick right diagonally forward (on 3rd and 6th rotations look over left shoulder)
- 7      Rock right back
- 8      Recover left (12:00)

#### SECTION 3: TOE, HEEL, CROSS SIDE CROSS, TOE, HEEL, CROSS SIDE CROSS

- 1      Touch right toe beside left (optionally, concurrently swiveling left on ball of left)

- 2 Touch right heel diagonally forward (optionally, concurrently swiveling right on ball of left)
- 3& Step right across left, step left to side
- 4 Step right across left
- 5 Touch left toe beside right (optionally, concurrently swiveling right on ball of right)
- 6 Touch left heel diagonally forward (optionally, concurrently swiveling left on ball of right)
- 7& Step left across right, step right to side
- 8 Step left across right (12:00)

#### **SECTION 4: HEEL, HEEL, BEHIND SIDE CROSS, HEEL, HEEL, BEHIND (TURN $\frac{1}{4}$ ) STEP TOGETHER**

- 1 Touch right heel diagonally forward
- 2 Touch right heel diagonally forward
- 3& Step right behind left, step left to side
- 4 Step right across left
- 5 Touch left heel diagonally forward
- 6 Touch left heel diagonally forward
- 7& Step left behind right then turn  $\frac{1}{4}$  right (3:00), step right forward
- 8 Step left together (3:00)

#### **SECTION 5: POINT, HOLD (TURN $\frac{1}{2}$ ), REPLACE, HOLD, POINT, TOUCH, POINT, TOGETHER**

- 1 Point right to side
- 2 Hold then turn  $\frac{1}{2}$  right drawing right toward left (9:00)
- 3 Step right beside left
- 4 Hold
- 5 Point left to side
- 6 Touch left beside right
- 7 Point left to side
- 8 Step left together (9:00)

#### **SECTION 6: STEP, SCUFF, STEP, SCUFF, STOMP, STOMP, SWIVET**

- 1 Step right forward
- 2 Scuff left beside right

- 3 Step left forward
- 4 Scuff right beside left
- 5 Stomp right forward
- 6 Stomp left beside right
- 7 Isolating upper body swivel right on ball of left and heel of right
- 8 Swivel left on ball of left and heel of right replacing left (9:00)

**RESTART: During 4th rotation after count 32 Restart dance from beginning**

**TAG: After 1st rotation add Tag steps below**

**STEP, SCUFF, STEP, SCUFF, STOMP, STOMP, SWIVET**

- 1 Step right forward
- 2 Scuff left beside right
- 3 Step left forward
- 4 Scuff right beside left
- 5 Stomp right forward
- 6 Stomp left beside right
- 7 Isolating upper body swivel right on ball of left and heel of right
- 8 Swivel left on ball of left and heel of right replacing left

**ENDING: After 6th rotation facing original 12:00 add ending steps below**

**SECTION 1: POINT, HOLD (TURN  $\frac{1}{2}$ ), REPLACE, HOLD, POINT, TOUCH, POINT, TOGETHER**

- 1 Point right to side
- 2 Hold then turn  $\frac{1}{2}$  right drawing right toward left (6:00) (optionally, make a full turn to face the original 12:00)
- 3 Step right beside left
- 4 Hold
- 5 Point left to side
- 6 Touch left beside right
- 7 Point left to side
- 8 Step left together (6:00) (end section facing original 12:00 if full turn made)

## **SECTION 2: STEP, SCUFF, STEP, SCUFF, STOMP, STOMP, SWIVET**

- 1** Step right forward
- 2** Scuff left beside right
- 3** Step left forward
- 4** Scuff right beside left
- 5** Stomp right forward
- 6** Stomp left beside right
- 7** Isolating upper body swivel right on ball of left and heel of right
- 8** Swivel left on ball of left and heel of right replacing left (6:00)

**(end section facing original 12:00 if full turn made)**