

# Sweetback Polka

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**Count:** 32                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Don Pascual (Sept 2011)

**Music:** 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 !!!**

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