

# ROLY-POLY

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Jan "Stray Cat" Brookfield

**Music:** Roly Poly by The Dixie Chicks

## STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE

- 1-2** Step right diagonally forward to right corner, lock left behind right
- 3&4** Shuffle diagonally forward on right, left, right
- 5-6** Step left diagonally forward to left corner, lock right behind
- 7&8** Shuffle diagonally forward on left, right, left

## HEEL SWITCHES, PENDULUM SWITCHES, KICK-BALL-STEP, PIVOT HALF TURN

- 9&10&** Tap right heel forward, step on right in place, tap left heel forward, step on left in place
- 11&12&** Point right toes out to side, step on right in place, point left toes out to side, step on left in place
- 13&14** Kick right forward, step back slightly on right, step left forward
- 15-16** Step right forward, pivot half turn to left (weight now on left)

## STEP, CLAP, STEP, CLAP, FORWARD COASTER, TOE STRUTS BACK, COASTER BACK

- 17&18&** Step right forward, clap hands, step left forward, clap hands
- 19&20** Step right forward, step on left next to right, step back right
- 21&22&** Strut back on left toes then heel, strut back on right toes then heel
- 23&24** Step left back, step right next to left, step left forward

## THREE QUARTER PADDLE TURN TO LEFT, STOMP TWICE, KICK-BALL-CHANGE

- 25&** Step right toes to side, pushing hips out to right, transfer weight to left in place, making quarter turn to left
- 26&** Repeat steps for 25&
- 27&** Repeat steps for 25&
- 28&** Repeat steps for 25& but this time without a turn
- 29-30** Stomp right, left in place
- 31&32** Kick right forward, step back slightly on right, step on left in place

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=36638](https://www.linedance.com/index.php?f=dance_view&id=36638)