

# Lemming Polka

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**Count:** 32                      **Wall:** 2                      **Level:** High Intermediate

**Choreographer:** Annette Badenhorst - August 2017

**Music:** "Don't be a Lemming Polka" by k.d. lang (ALBUM: Even cowgirls get the blues - Soundtrack)

**Intro: 10 Polka beats after Yeehaw - 8 seconds into track.**

**MAIN DANCE - 32 Counts**

**#1. (1-8) ¼ Vaudeville, Cross full unwind, R Pony steps**

**1R diagonally forward (1) - [12:00]**

**2 & 3 & 4L behind R (2), ¼ L stepping R to side (&), L heel forward (3), step L down in place (&), R fwd - [09:00]**

**5**                      Cross L over R and unwind full turn clockwise ending with weight on L and R hitched - [09:00]

**6 &R fwd (6), step L closed behind R and dip down hitching R (&), - [09:00]**

**7 &R fwd (7), step L closed behind R and dip down hitching R (&), - [09:00]**

**8R fwd - [09:00]**

**#2. (9-16) Forward rock, Back scoots, Coaster, Walk, Walk**

**1 - 2**                      Rock L forward (1), Recover onto R (2) - [09:00]

**& 3**                      Scoot back on R hitching L foot (&), step back on L (3) - [09:00]

**& 4**                      Scoot back on L hitching R foot (&), step back on R (4) - [09:00]

**5 & 6L back (5), R beside L (&), L fwd (6) - [09:00]**

**7 - 8**                      Walk R (7), Walk L (8) - [09:00]

**#3. (17-24) Dorothy, ¼ Dorothy, ½ Pivot, Shuffle**

**1 - 2 &R Diagonal fwd (1), Lock L behind R (2), R Diagonal fwd (&) - [09:00]**

**3 - 4 &¼ L stepping L fwd (3), Lock R behind L (4), L fwd (&) - [06:00]**

**5 - 6R fwd (5), ½ L onto L (6) - [12:00]**

**7 & 8R fwd (7), close L next to R (&), R fwd (8) - [12:00]**

**#4. (25-32) Forward rock, ½ Shuffle, Cross full unwind, Dip**

**1 - 2** Rock fwd on L (1), Recover onto R (2) - [12:00]

**3 & 4½ Turn to L stepping L (3) R (&) L (4) - [06:00]**

**5 - 6** Cross R over L (5) & unwind L (6)- [06:00]

**7 - 8** Keep heels together, toes fanned out, bend your knees (7), and recover (8) - [06:00]

**TAG 1 - 18 Counts (1 x after wall 3 - 09:00, 2 x after wall 7 - 12:00)**

**TS1 (1-8) 2 x ½ Monterey turns,**

**1 2 3 4** Point R to right (1), ½ Turn R on ball of L step R next to L (2), Point L to L (3), Step L next to R (4)

**5 6 7 8** Point R to right (5), ½ Turn R on ball of L step R next to L (6), Point L to L (7), Step L next to R (8)

**TS2. (9-16) Chasse, Back rock, Chasse, Back rock**

**1 & 2** Step R to R (1), step L next to R (&), step R to R (2)

**3 - 4** Rock L back (3), recover onto R (4)

**5 & 6** Step L to L (5), step R next to L (&), step L to L (6)

**7 - 8** Rock R back (7), recover onto L (8)

**TS3. (17-18) Heel switches**

**1 & 2 &R heel fwd (1), Step R next to L (&), L heel fwd (2), Step L next to R (&)**

**TAG 2 - 4 Counts (1 x After Wall 3 and Tag 1 - 09:00, 1 x After Wall 7 and both of Tag 1 - 12:00)**

**T2: 2 x Kick ball changes**

**1 & 2** Kick R (1), step R next to L (&), Point L to L (2)

**3 & 4** Kick L (1), step L next to R (&), Point R to R (2)

**BRIDGE - 16 Counts (Replaces first 16 counts of wall 4 - 09:00)**

**B1. (1-8) Apple jacks, Boot slap back, Boot slap across, ¼ Boot slap, Stomp, Stomp,**

- 1 &** Start with feet slightly apart in parallel. Swivel L heel & R toe both to R. Swivel Back to original position.
- 2 &** Change weight and swivel R heel & L toe to L. Swivel back to original position.
- 3 &** Swivel L heel & R toe both to R. Swivel Back to original position.
- 4 &** Change weight and swivel R heel & L toe to L. Swivel back to original position.
- 5 &R fwd (5), flick L foot up behind R and slap with R hand (&),**
- 6 &L back (6), Hook R across L and slap R foot with L hand (&),**
- 7 & 8¼ L turn on L and flick R foot back and out to R, slap with R hand (7), R stomp (&), L stomp (8)**

## **B2. (9-16) Charleston, Step scuff hitch, Coaster**

- 1 & 2&** Touch R forward (1), Step R back (&), Touch L back (2), Step L fwd (&)
- 3 & 4&** Touch R forward (3), Step R back (&), Touch L back (4), Step L fwd (&)
- 5 - 6R fwd (5), L scuff & hitch (6)**
- 7 & 8L Back (7), R next to L (&), L fwd (8)**

**Sequence: 32, 32, 16, Tag 1, Tag 2, Bridge + last 16 counts, 32, 32, 16, Tag 1, Tag 1, Tag 2**

**Wall 1 12:00 - 32**

**Wall 2 06:00 - 32**

**Wall 3 12:00 - 16, Tag 1, Tag 2**

**Wall 4 09:00 - Bridge + last 16 Counts of Main dance**

**Wall 5 03:00 - 32**

**Wall 6 09:00 - 32**

**Wall 7 03:00 - 16, Tag 1, Tag 1, Tag 2**

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