

# COWBOY POLKA

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**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate polka

**Choreographer:** Nancy A. Morgan

**Music:** Rollercoaster by The Grid

## **TWO SHUFFLE FORWARD, FORWARD ROCK, STEP BACK, ROTATE ON BALL OF FOOT ½ TURN AS YOU CROSS LEFT OVER RIGHT**

- 1&2** Shuffle forward right - right, left, right
- 3&4** Shuffle forward left - left, right, left
- 5-6** Rock/step forward on right and return left
- 7-8** Step back on right toe, pivot ½ turn to your left as you cross your left over your right ankle

## **SHUFFLE FORWARD, TWO KICK-BALL-CHANGES, ¼ TURN PIVOT**

- 1&2** Shuffle forward left - left, right, left
- 3&4** Kick-ball-change - kick right foot forward, step right next to left as you pick up left off floor, step left next to right
- 5&6** Kick-ball-change - kick right foot forward, step right next to left as you pick up left off floor, step left next to right
- 7-8** Step forward on right, pivot ¼ turn to your left (weight is on left)

## **SHUFFLE FORWARD, STEP BACK ½ TURN RIGHT, STEP FORWARD ½ TURN RIGHT, SHUFFLE FORWARD, SIDE ROCK**

- 1&2** Shuffle forward right - right, left, right
- 3** Step back on left as you turn ½ turn to your right
- 4** Step forward on right ½ turn to your right
- 5&6** Shuffle forward - left, right, left
- 7-8** Side rock - rock/step right foot out to right side and step left foot slightly forward and to left side

## **STEP BEHIND, STEP, STEP FORWARD, ½ TURN, FORWARD ROCK, COASTER STEP**

- 1&2** Step right behind left, step left to left side, step right foot forward
- 3-4** Step forward on left, pivot ½ turn to right (weight is on right)
- 5-6** Rock/step forward on left and return on right (weight is on right)

**7&8** Coaster step - step back on left, step back on right, step forward on left

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=59554](https://www.linedance.com/index.php?f=dance_view&id=59554)