

POLK SALAD ANNIE

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Count: 60

Wall: 2

Level: contra dance

Choreographer: Eric Toth

Music: Polk Salad Annie by Tony Joe White

This dance works best with at least 4 rows. Row 1 and 2 facing each other, staggered and row 3 and 4 facing each other, staggered. There is a very interesting way that the lines cross.

KICK, KICK, ROCK, RECOVER

- 1 Kick right foot forward
- 2 Kick right foot forward
- 3 Rock back on your right foot
- 4 Step forward on your left foot

SHUFFLE, SHUFFLE, SHUFFLE

- 5&6 Shuffle forward right, left, right
- 7&8 Shuffle forward left, right, left
- 9&10 Shuffle forward right, left, right

STEP, ¼ TURN, STEP, ¼ TURN

- 11 Step forward on the ball of your left foot
- 12 Pivot ¼ turn to your right (weight on the balls of both feet)
- 13 Step forward on the ball of your left foot
- 14 Pivot ¼ turn to your right (weight on the balls of both feet)

ROCK, RECOVER, ROCK BACK, RECOVER

- 15 Rock forward on your left foot
- 16 Rock backwards on your right foot
- 17 Rock backwards on your left foot
- 18 Rock forward on your right foot

STEP, PIVOT ½, STEP, PIVOT ½

- 19 Step forward on the ball of your left foot

- 20 Pivot $\frac{1}{2}$ turn to your right (weight on balls of both feet)
- 21 Step forward on the ball of your left foot
- 22 Pivot $\frac{1}{2}$ turn to your right (weight on balls of both feet)

SHUFFLE, SHUFFLE, SHUFFLE

- 23&24 Shuffle forward left, right, left
- 25&26 Shuffle forward right, left, right
- 27&28 Shuffle forward left, right, left

STEP, $\frac{1}{4}$ TURN, STEP, $\frac{1}{4}$ TURN

- 29 Step forward on the ball of your right foot
- 30 Pivot $\frac{1}{4}$ turn to your left (weight on the balls on both feet)
- 31 Step forward on the ball of your right foot
- 32 Pivot $\frac{1}{4}$ turn to your left (weight on the balls on both feet)

CROSS, STEP, SLIDE, CROSS

- 33 Cross your right foot over in front of your left foot (take weight)
- 34 Step your left foot out slightly to your left
- 35 Slide your right foot up next to your left foot (take weight)
- 36 Cross your left foot over in front of your right foot (take weight)

GRAPEVINE RIGHT, TAP

- 37 Step your right foot to the right
- 38 Step your left foot behind your right
- 39 Step your right foot to the right
- 40 Tap your left toes next to your right foot

GRAPEVINE LEFT, PIVOT $\frac{1}{2}$

- 41 Step your left foot to the left
- 42 Step your right foot behind your left
- 43 Step your left foot to the left (weight on the ball of your left foot)
- 44 Pivot $\frac{1}{2}$ turn to your left (weight on the ball of your left foot, shift your weight to your right foot as you step down on it)

HIP BUMPS

- 45 Bump your right hip to the right
- 46 Bump your right hip to the right
- 47 Bump your left hip to the left
- 48 Bump your left hip to the left
- 49 Bump your hips right
- 50 Bump hips left
- 51 Bump hips right
- 52 Bump hips left

STEP, PIVOT ½, STEP, PIVOT ½

- 53 Step forward on the ball of your right
- 54 Pivot ½ turn to your left (weight on the balls of both feet)
- 55 Step forward on the ball of your right
- 56 Pivot ½ turn to your left (weight on the balls of both feet)

STOMP, STOMP, ROCK, RECOVER

- 57 Stomp your right foot
- 58 Stomp your right foot
- 59 Rock back on your right foot
- 60 Step forward on your left foot

REPEAT