

# Polka Anyone?

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**Count:** 32                      **Wall:** 2                      **Level:** Beginner

**Choreographer:** Sherri Busser , Aug 2014

**Music:** Cowboy Yoddl Song by Michelle Ryser or any polka song of choice.

## **TWO TRIPLE STEPS FORWARD, TWO TRIPLE STEPS BACK**

**1&2 3&4** Triple forward right-left-right, left-right-left

**5&6 7&8** Triple back right-left-right, left-right-left

## **HEEL DIGS FORWARD, DIAGONAL, SIDE, STEP TOGETHER,**

### **REPEAT TO THE LEFT.\*\***

**1-4** Touch R heel fwd, diagonal, side, step R next to L.

**5-8** Touch L heel fwd, diagonal, side, step L next to R.

## **TRIPLE STEP TO SIDE, ROCK BACK, RECOVER, REPEAT TO LEFT**

**1&2 3-4** Triple step to side right-left-right, step L back, step R in place

**5&6 7-8** Triple step to side left-right-left, step R back, step L in place

## **STEP FORWARD, TURN ¼ LEFT; KICK BALL CHANGE. REPEAT.**

**1-2 3&4** Step R fwd, ¼ L, weight to L. Kick R, step ball of R foot slightly back, step L foot in place.

**5-6 7&8** Step R fwd, ¼ L, weight to L. Kick R, step ball of R foot slightly back, step L foot in place

## **Start over and SMILE, sing along or yoddl!!**

**\*\*One Restart after 16 counts on wall 5, facing 12 o'clock.**

## **Harder option for section 2:**

### **Heel rock-recover, step together R & L**

**1&2&3&4** Step R heel fwd, L in place, R heel to diagonal, L in place, R heel to side, L in place, step R. together

**5&6&7&8** Repeat above with L heels.

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