

POLK SALAD

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Count: 56

Wall: 4

Level: intermediate

Choreographer: William Sevone

Music: Polk Salad Annie by Tony Joe White

KICK-¼ TURN TOUCH-¼ TURN TOGETHER (12:00)

- 1-2 Kick right foot forward, turn ¼ right & touch right toe to right side
- 3-4 Turn ¼ left & touch right toe to right side, step right foot next to left
- 5-6 Kick left foot forward, turn ¼ left & touch left toe to left side
- 7-8 Turn ¼ right & touch left toe to left side, step left foot next to right

On counts 2 and 5, for ease, turn upper body only

KICK BACK FORWARD, FORWARD BODY ROLL - OR OPTION, CROSS-SIDE TOUCH, FORWARD COASTER STEP (12:00)

- 9&10 Kick right foot forward, step backward onto right foot, step slightly forward on left foot
- 11-12 Bending at knees then straightening up - forward body roll (over two counts)

Option: bend knees on 11, straighten up on 12

- 13-14 Cross touch right toe over left foot, touch right toe to right side
- 15&16 Step backward onto right foot, step left foot next to right, step forward onto right foot

KICK BACK FORWARD, FORWARD BODY ROLL - OR OPTION, CROSS-SIDE TOUCH, FORWARD COASTER STEP (12:00)

- 17&18 Kick left foot forward, step backward onto left foot, step slightly forward onto right foot
- 19-20 Bending at knees then straightening up - forward body roll (over two counts)

Option: bend knees on 19, straighten up on 20

- 21-22 Cross touch left toe over right foot, touch left toe to left side
- 23&24 Step backward onto left foot, step right foot next to left, step forward onto left foot

4X FORWARD SHUFFLE (SEE DANCE NOTE)

- 25&26 Shuffle forward stepping right, left-right
- 27&28 Shuffle forward stepping left, right-left

29&30 Shuffle forward stepping right, left-right

31&32 Shuffle forward stepping left, right-left

These shuffles are very short

2X DIAGONAL KICKS-BACKWARD SHUFFLE (SEE DANCE NOTE)

33-34 Kick right foot diagonally forward right, repeat kick

35&36 Shuffle backward stepping right, left-right

37-38 Kick left foot diagonally forward left, repeat kick

39&40 Shuffle backward stepping left, right-left

These shuffles are short

2X 'CHUBBY BROWN' SIDE ROCK, RECOVER, TOGETHER, ¼ RIGHT STEP FORWARD, (3:00)

41-42 Turn ¼ right & step/touch right foot to right side, turn ¼ left & step right foot next to left

43-44 Turn ¼ left & step/touch left foot to left side, turn ¼ right & step left foot next to right

45-46 Rock right foot to right side, step onto left foot

47-48 Step right foot next to left, turn ¼ right & step forward onto left foot

On counts 41 and 43, for ease, turn upper body only

FORWARD SHUFFLE, ROCK, RECOVER, BACKWARD SHUFFLE, ROCK, RECOVER (3:00)

49&50 Shuffle forward stepping right, left-right

51-52 Rock forward onto left foot, rock backward onto right foot

53&54 Shuffle backward stepping left, right-left

55-56 Rock backward onto right foot, step onto left foot

REPEAT