

LIGHTNING POLKA

Choreographer: Peter Metelnick - August '99

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4 wall - 32 count line dance

Music: Sin Wagon - Dixie Chicks (start on vocal), from the CD Fly

I Want You To Want Me - Jim Witter (start on vocal), from the CD All My Life

Little Bird - Sherrie Austin (start on vocal), from the CD Love in the Real World

Ghost Riders in the Sky - Ned Sublette, from the CD Cowboy Rumba



1-8 R side rock & recover, R behind, L to L side, R cross over, L side rock & recover, L sailor step

1-2 Rock step right foot to right side, recover weight on left foot

3&4 Cross step right foot behind left, step left foot to left side, cross step right foot over left

5-6 Rock step left foot to left side, recover weight on right foot

7&8 Step left foot behind right, step right foot slightly to the right, step left foot forward

9-16 R forward shuffle, L forward, ½ R pivot turn, L, R, L heel switches, L cross over toe touch

1&2 Step right foot forward, step left foot together, step right foot forward

3-4 Step left foot forward, pivot ½ right

5&6 Touch left heel forward, step left foot beside right, touch right heel forward

& Step right foot beside left

7-8 Touch left heel forward, cross touch left toe over right foot

17-24 L forward shuffle, R forward, ½ L pivot turn, R & L heel switches, R stomp, ¼ R & kick

1&2 Step left foot forward, step right foot together, step left foot forward

3-4 Step right foot forward, pivot ½ left

5&6 Touch right heel forward, step right foot beside left, touch left heel forward

& Step left foot beside right

7 Stomp right foot together keeping weight on left foot

8 Turn ¼ right on left foot and kick right foot forward



25-32 R back coaster step, L forward shuffle, R forward, ½ L pivot turn, forward 2 (or spin)

1&2 Step right foot back, step left foot together, step right foot forward

3&4 Step left foot forward, step right foot together, step left foot forward

5-6 Step right foot forward, pivot ½ left

7-8 Step right foot forward, step left foot forward

(Alternate steps: 7 - step right foot forward turning ½ left, 8 - step left foot back turning ½ left completing a full spin turning left & travelling forward)

Repeat

Note: for the track Sin Wagon - in the middle of the song there is a spot where the beat ends, leaving just the vocals. Don't stop, just keep on dancing and the beat will kick back in. At the end of the song, the same thing happens - the beat ends but the vocals keep on. For a big finish, complete the 1st 8 counts and then stomp right foot forward & hold to end (you will be facing right side wall.) Enjoy!