

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida: WWW.swivelfeet.se

Picnic Polka

Choreographed by David Padden

Description: 48 Count, 4 Wall Beginner Line Dance

Music Selection: "Cowboy Sweetheart", sung by LeAnn Rimes, 118 BPM,

CD: Unchained Melody: The Early Years



Actual footwork

Section 1 Right Toe, Heel, Cha Cha Cha, Left Toe, Heel, Cha Cha Cha

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|-------|---|
| 1 - 2 | Touch right toe to left instep, Touch right heel to left instep |
| 3 & 4 | Triple step on Right, Left, Right |
| 5 - 6 | Touch left toe to right instep, Touch left heel to right instep |
| 7 & 8 | Triple step in place on Left, Right, Left |

Section 2 Shuffle Forward And Back

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|-------|--|
| 1 & 2 | Shuffle forward on Right, Left, Right |
| 3 & 4 | Shuffle forward on Left, Right, Left |
| 5 & 6 | Shuffle backward on Right, Left, Right |
| 7 & 8 | Shuffle backward on left, Right, Left |

Section 3 Right Rolling Vine, Stomp And Clap, Left Rolling Vine, Stomp And Clap

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| 1 - 4 | Right rolling vine on Right, Left, Right, Stomp and clap |
| 5 - 8 | Left rolling vine on Left, Right, Left, Stomp and clap |

Section 4 Right Kick-Ball-Change (Twice), Turn, Turn

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|-------|--|
| 1 & 2 | Kick right foot forward, Step in place on ball of right foot, Step left foot next to right |
| 3 & 4 | Kick right foot forward, Step on place on ball of right foot, Step left foot next to right |
| 5 - 6 | Step forward on right foot, Pivot half turn left |
| 7 - 8 | Step forward on right foot, Pivot half turn left |

Section 5 Stomp, Claps, Crossing Right Shuffle, Turn And Forward Shuffle

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|-------|--|
| 1 - 4 | Stomp right foot (<i>diagonally forward and slightly to the right</i>), Clap hands three times |
| 5 & 6 | Cross left foot over right and shuffle to right on Left, Right, Left |
| 7 & 8 | Quarter turn right and shuffle forward on Right, Left, Right |

Section 6 Turn And Left Chasse, Turn And Backward Shuffle, Step Forward Left, Right, Left, Stomp

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|-------|---|
| 1 & 2 | Quarter turn right and step left foot to left, Step right foot next to left, Step left foot to left |
| 3 & 4 | Quarter turn right and shuffle backward on Right, Left, Right |
| 5 - 8 | Walk forward on Left, Right, Left, Stomp right |

Start Again