

Fool's Polka

48 count, 4 wall, intermediate level

Choreographer: John H Robinson (USA) Feb 2006
Choreographed to: I've Been A Long Time Leaving by
Dean Miller (118/236 bpm) CD: Platinum

16-count intro (count "half-time").

This excellent song is phrased in 38s with the fourth set being only six counts. When the track ends, finish with a tremendously loud stomping triple (you'll be facing the back wall)!

TRIPLE BACK R THEN L, HEEL SWITCH WITH HOOK STEP

Travel straight back (towards 6:00) but angle body appropriately as you shuffle.

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|------|------------------------------|--|
| 1&2 | Right-left-right | With body angled diagonally right (to 1:30) R step back (1), L step next to R (&), R step back (2) |
| 3&4 | Left-right-left | With body angled diagonally left (to 11:30) L step back (3), R step next to L (&), L step back (4) |
| 5&6& | Heel & heel & | R heel touch forward (5), R step next to L (&), L heel touch forward (6), L step next to R (&) |
| 7&8 | Heel, hook-step | R heel touch forward (7), R hook across L shin (&), R step forward (8) |

STEP FORWARD, TOUCH/CLAP, 1/2 TURN TRIPLE, STEP OUT-OUT, COASTER STEP

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|-----|---------------------|--|
| 1,2 | Step, touch | With body angled diagonally right (to 1:30) L step forward (1), R touch behind L/clap at same time (2) |
| 3&4 | Turn shuffle | Pivot 1/2 right (to 6:00) stepping R forward (3), L step next to R (&), R step forward (4) |
| 5,6 | Out, out | L step forward out to left side (push hips left for styling) (5), R step out to right side (push hips right) (6) |
| 7&8 | Coaster step | L step ball of foot back (7), R step ball of foot next to L (&), L step forward (8) |

GALLOP 1/4 TURN RIGHT, 1/2 PIVOT RIGHT, L STOMPING TRIPLE IN PLACE

Travel toward 9:00 as you begin this pattern.

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|------|--------------------------------|---|
| 1&2& | Right & right & | Pivot 1/4 left (to 9:00) stepping R forward (1), L step next to R in 3rd position (&), R step forward (2), L step next to R in 3rd position (&) |
| 3&4 | Right & right | R step forward (3), L step next to R in 3rd position (&), R step forward (4) |
| 5,6 | Half turn | L step ball of foot forward (5), pivot 1/2 right (to 3:00) taking weight on R (6) |
| 7&8 | Stomp in place | L stomp next to R (7), R stomp next to L (&), L stomp next to R (8) |

TRAVELING HEEL SWITCH & R TOUCH FORWARD, HEEL TWIST OUT-IN, TRAVELING HEEL SWITCH

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|------|------------------------------|---|
| 1&2& | Heel & heel & | R heel touch forward (1), R step slightly forward (&), L heel touch forward (2), L step slightly forward (&) |
| 3&4 | Touch-out-in | R toe touch forward (3), R heel turn out to right side (&), R heel return home (stay on ball of R, weight on L) (4) |
| 5&6 | Heel & heel | R heel touch forward (5), R step slightly forward (&), L heel touch forward (6) |

& R TOUCH FORWARD, HEEL TWIST OUT-IN, 1/4 TURN LEFT, L TOUCH NEXT TO R, 1/4 TURN LEFT, R TOUCH NEXT TO LEFT, R TOE TOUCH OUT-IN-OUT

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|------|---------------------------|--|
| &1&2 | & Touch-out-in | L step slightly forward (&), R toe touch forward (1), R heel turn out to right side (&), R heel return home (stay on ball of R, weight on L) (2) |
| 3,4 | Turn, touch | Pivot 1/4 left (to 12:00) stepping R side right (3), L touch next to R (4) |
| 5,6 | Turn, touch | Pivot 1/4 left (to 9:00) stepping L forward (5), R touch next to L (6) |
| 7&8 | Out-in-out | R touch out to right side (7), R touch next to L (&), R touch out to right side (8) |

RESTARTS: Do the dance all the way through twice; on the third repetition you'll get to count 28 (the triple stomp in place) and start again (you'll be facing the 9:00 wall when this happens). Do the dance twice more; on the next repetition get to count 28 (the triple stomp) and start over (you'll be facing 6:00).