

Polk Salad

56 count, 4 wall, intermediate level

Choreographer: William Sevone (June 2005)

Choreographed to: Polk Salad Annie by Tony Joe

White (134 bpm), The Best Of

Choreographers note- This dance is particularly suited for the dancer who has just moved into the Intermediate section of the new levels.

Variations of - or other - 'Chubby Browns' can be found in earlier dances 'No Rest' 'Indeep' and 'DC 10 EC' Poke (Polk) - or pokeweed - is a tall, berry-bearing annual that grows in Tennessee and other southern states of America. When young and tender, the plant's leafy parts can be prepared similar to cooking spinach or other veg.

Always remember - **'The beat may reach your feet - but the rhythm should electrify your soul'.**

Dance starts on the vocals (13 seconds in from the start of the music or on count 30). Feet together, weight on left foot.

1x 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.

Dance note Counts 2 and 5: For ease – turn upper boy only

Kick Back forward. Fwd Body Roll – or Option. Cross-Side Touch. Fwd 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. Fwd Body Roll – or Option. Cross-Side Touch. Fwd 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.

4xFwd Shuffle (see Dance note)

- 25& 26 Shuffle forward stepping R.L-R.
27& 28 Shuffle forward stepping L.R-L.
29& 30 Shuffle forward stepping R.L-R.
31& 32 Shuffle forward stepping L.R-L.

Dance note Important - These shuffles are very short – total length for section, no more than 2 metres

2x Diagonal Kicks-Bwd Shuffle (see Dance note)

- 33 – 34 Kick right foot diagonally forward right. Repeat kick.
35& 36 Shuffle backward stepping R.L-R.
37 – 38 Kick left foot diagonally forward left. Repeat kick.
39& 40 Shuffle backward stepping L.R-L.

Dance note Important - These shuffles are short – total length equal to previous section.

2x 'Chubby Brown' Side Rock. Rec. Together. ¼ Right Step Fwd. (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.

Dance note Counts 41 and 43: For ease – turn upper boy only

Fwd Shuffle. Rock. Rec. Bwd Shuffle. Rock. Rec (3:00)

- 49& 50 Shuffle forward stepping R.L-R.
51 – 52 Rock forward onto left foot. Rock backward onto right foot.
53& 54 Shuffle backward stepping L.R-L.
55 – 56 Rock backward onto right foot. Step onto left foot.