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Polk Salad Annie

BEGINNER

60 Count

Choreographed by: Eric Toth Choreographed to: Polk Salad Annie by Tony Joe White

1 2 3 4	KICK, KICK, ROCK, RECOVER Kick right foot forward Kick right foot forward Rock back on your right foot Step forward on your left foot
5 & 6 7 & 8 9 & 10	SHUFFLE, SHUFFLE Shuffle forward right, left, right Shuffle forward left, right, left Shuffle forward right, left, right
11 12 13 14	STEP, 1/4 TURN, STEP, 1/4 TURN Step forward on the ball of your left foot Pivot 1/4 turn to your right (weight on the balls of both feet) Step forward on the ball of your left foot Pivot 1/4 turn to your right (weight on the balls of both feet)
15 16 17 18	ROCK, RECOVER, ROCK BACK, RECOVER Rock forward on your left foot Rock backwards on your right foot Rock backwards on your left foot Rock forwards on your right foot
19 20 21 22	STEP, PIVOT 1/2, STEP, PIVOT 1/2 Step forward on the ball of your left foot Pivot 1/2 turn to your right (weight on balls of both feet) Step forward on the ball of your left foot Pivot 1/2 turn to your right (weight on balls of both feet)
23 & 24 25 & 26 27 & 28	SHUFFLE, SHUFFLE Shuffle forward left, right, left Shuffle forward right, left, right Shuffle forward left, right, left
29 30 31 32	STEP, 1/4 TURN, STEP, 1/4 TURN Step forward on the ball of your right foot Pivot 1/4 turn to your left (weight on the balls on both feet) Step forward on the ball of your right foot Pivot 1/4 turn to your left (weight on the balls on both feet)
33 34 35 36	CROSS, STEP, SLIDE, CROSS Cross your right foot over in front of your left foot (take weight) Step your left foot out slightly to your left Slide your right foot up next to your left foot (take weight) Cross your left foot over in front of your right foot (take weight)
37 38 39 40	GRAPEVINE RIGHT, TAP Step your right foot to the right Step your left foot behind your right Step your right foot to the right Tap your left toes next to your right foot
41 42 43 44	GRAPEVINE LEFT, PIVOT 1/2 Step your left foot to the left Step your right foot behind your left Step your left foot to the left (weight on the ball of your left foot) Pivot 1/2 turn to your left (weight on the ball of your left foot, shift your weight to your right foot as you step down on it)

	HIP BUMPS
45	Bump your right hip to the right
46	Bump your right hip to the right
47	Bump your left hip to the left
48	Bump your left hip to the left
49	Bump your hips right
50	Bump hips left
51	Bump hips right
52	Bump hips left
	STEP, PIVOT 1/2, STEP, PIVOT 1/2
53	Step forward on the ball of your right
54	Pivot 1/2 turn to your left (weight on the balls of both feet)
55	Step forward on the ball of your right
56	Pivot 1/2 turn to your left (weight on the balls of both feet)
	STOMP, STOMP, ROCK, RECOVER
57	Stomp your right foot
58	Stomp your right foot
59	Rock back on your right foot
60	Step forward on your left foot
	REPEAT

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