

Sweetback Polka

32 Count, 2 Wall, Improver

Choreographer: Don Pascual (FR) Sept 2011

Choreographed to: I Want To Be A Real Cowboy Girl by The Sweetback Sisters

Start on vocals

1: Heel R fwd, hook R, shuffle to the R, heel L fwd, hook L, L shuffle fwd

1-2: R heel forward (R diagonal), cross R feet over L shin

3&4: Step R to the R, L beside R, step R to the R

5-6: L heel forward (L diagonal), cross L feet over R shin

7&8: Step L forward, R beside L, step L forward

2: R heel grind, behind, side, cross, L heel grind, behind, side, cross

1-2: R heel forward (toes to the L), turn R toes to the R and step L to L side

3&4: Cross R behind L, step L to L side, cross R over L

5-6: L heel forward (toes to the R), turn L toes to the L and step R to R side

7&8: Cross L behind R, step R to R side, cross L over R

3: Step R fwd, touch L beside R, kick L, touch L beside R, L&R mashed potatoes, point L behind R, ½ T to the L

1-2: Step R forward, touch L beside R (L knee inward)

3-4: L Kick forward (L diagonal), touch L beside R (L knee inward)

&5: Twist R heel outward while travelling L feet backward, step back on L (twisting both heels inward)

&6: Twist L heel outward while travelling R feet backward, step back on R (twisting both heels inward)

7-8: Point L behind R, ½ T to the L (ending weight on L)

Easy option: Mashed potatoes can be replaced with two steps back (L and R) with sweep

4 R heel strut, L beside R & R heel strut, heel switches L &R, stomp L beside R, slap x2

1-2: R heel forward (R diagonal), drop R ball

&: Step L beside R

3-4: R heel forward (R diagonal), drop R ball

5&6: L heel forward, L beside R, R heel forward

&7: R beside L, L stomp beside R,

&8: Slap both thighs backward with your L&R palms,
slap both thighs forward with your L&R palms (knees bent)

Tag: At the end of wall 5 & 12 (after the yodelling sections) add the 4 following counts:

Step turn x 2:

1-2: Step R forward, ½ T to the L

3-4: Step R forward, ½ T to the L

Style: You can swirl a lasso with your right hand

Have fun with this dance !!!