

Tenderfoot Polka

BEGINNER

32 Count

Choreographed by: Judy Wells

Choreographed to: Honky Tonk

Night Time Man by Lee Roy Parnell

HEELS OUT-IN, TOES OUT-IN, HEELS OUT-IN-OUT, HEEL STOMPS

- 1,2 Heels spilt out and in
3,4 Fan toes out and in
5 & 6 Heels split out, in, out
7,8 Stomp heels twice, bringing them back to starting position (foot position #1)

/Weight should be on left foot on count 8**TOES IN, HEEL IN, SIDE POLKA, STOMP, STOMP, SIDE POLKA**

- 9 Right toes in (toes are at instep of left foot)
10 Right heel in (heel is at instep of left foot)
11 & 12 Polka to the right (right-left-right)
13,14 Stomp left foot twice
15 & 16 Polka to the left (left-right-left)

STEP, PIVOT, STEP, PIVOT, POLKA FORWARD, ROCK STEP

- 17 Step forward with right foot, keep left foot in place
18 Pivot 1/2 turn to the left
19 Step forward with right foot, keep left foot in place
20 Pivot 1/2 turn to the left
21 & 22 Polka forward (right-left-right)
23 Rock forward onto the left foot
24 Replace weight onto the right foot

STEP, PIVOT, STEP, PIVOT, POLKA FORWARD, STOMP, STOMP

- 25 Step forward with the left foot, keep right foot in place
26 Pivot 1/4 turn to the right
27 Step forward with left foot, keep right in place
28 Pivot 1/4 turn to the right (you should now be facing the back wall)
29 & 30 Polka forward (left-right-left)
31 Stomp right foot
32 Stomp left foot (distribute weight evenly on the stomps to begin the dance again)

REPEAT