|  |  |
| --- | --- |
| Sinful Polka |  |

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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 48 | **Wall:** | 4 | **Level:** | Low Intermediate | . |
| **Choreographer:** | Helen Woods (USA) - March 2018 | | | | |
| **Music:** | I Feel a Sin Comin On - Rachel Lipsky : (Album: Step Off Into It - 2:33) | | | | |
| . | | | | | | |

**Step sheet prepared by Harry Woods**

**#32 count intro, support on left**

**SECTION 1: TRIPLE FORWARD, TRIPLE FORWARD, ROCK FORWARD, RECOVER, TRIPLE HALF TURN RIGHT**

|  |  |
| --- | --- |
| 1& | Step right forward, step left together (3rd position) |

|  |  |
| --- | --- |
| 2 | Step right forward |

|  |  |
| --- | --- |
| 3& | Step left forward, step right together (3rd position) |

|  |  |
| --- | --- |
| 4 | Step left forward |

|  |  |
| --- | --- |
| 5 | Rock right forward |

|  |  |
| --- | --- |
| 6 | Recover left then turn ¼ right (3:00) |

|  |  |
| --- | --- |
| 7& | Step right to side, step left together then turn ¼ right (6:00) |

|  |  |
| --- | --- |
| 8 | Step right forward then turn ¼ right (9:00) |

**SECTION 2: TRIPLE HALF TURN RIGHT, ROCK BACK, RECOVER, KICK, KICK, ROCK BACK, RECOVER**

|  |  |
| --- | --- |
| 1& | Step left to side, step right together then turn ¼ right (12:00) |

|  |  |
| --- | --- |
| 2 | Step left back |

|  |  |
| --- | --- |
| 3 | Rock right back |

|  |  |
| --- | --- |
| 4 | Recover left |

|  |  |
| --- | --- |
| 5 | Kick right diagonally forward (on 3rd and 6th rotations look over left shoulder) |

|  |  |
| --- | --- |
| 6 | Kick right diagonally forward (on 3rd and 6th rotations look over left shoulder) |

|  |  |
| --- | --- |
| 7 | Rock right back |

|  |  |
| --- | --- |
| 8 | Recover left (12:00) |

**SECTION 3: TOE, HEEL, CROSS SIDE CROSS, TOE, HEEL, CROSS SIDE CROSS**

|  |  |
| --- | --- |
| 1 | Touch right toe beside left (optionally, concurrently swiveling left on ball of left) |

|  |  |
| --- | --- |
| 2 | Touch right heel diagonally forward (optionally, concurrently swiveling right on ball of left) |

|  |  |
| --- | --- |
| 3& | Step right across left, step left to side |

|  |  |
| --- | --- |
| 4 | Step right across left |

|  |  |
| --- | --- |
| 5 | Touch left toe beside right (optionally, concurrently swiveling right on ball of right) |

|  |  |
| --- | --- |
| 6 | Touch left heel diagonally forward (optionally, concurrently swiveling left on ball of right) |

|  |  |
| --- | --- |
| 7& | Step left across right, step right to side |

|  |  |
| --- | --- |
| 8 | Step left across right (12:00) |

**SECTION 4: HEEL, HEEL, BEHIND SIDE CROSS, HEEL, HEEL, BEHIND (TURN ¼) STEP TOGETHER**

|  |  |
| --- | --- |
| 1 | Touch right heel diagonally forward |

|  |  |
| --- | --- |
| 2 | Touch right heel diagonally forward |

|  |  |
| --- | --- |
| 3& | Step right behind left, step left to side |

|  |  |
| --- | --- |
| 4 | Step right across left |

|  |  |
| --- | --- |
| 5 | Touch left heel diagonally forward |

|  |  |
| --- | --- |
| 6 | Touch left heel diagonally forward |

|  |  |
| --- | --- |
| 7& | Step left behind right then turn ¼ right (3:00), step right forward |

|  |  |
| --- | --- |
| 8 | Step left together (3:00) |

**SECTION 5: POINT, HOLD (TURN ½), REPLACE, HOLD, POINT, TOUCH, POINT, TOGETHER**

|  |  |
| --- | --- |
| 1 | Point right to side |

|  |  |
| --- | --- |
| 2 | Hold then turn ½ right drawing right toward left (9:00) |

|  |  |
| --- | --- |
| 3 | Step right beside left |

|  |  |
| --- | --- |
| 4 | Hold |

|  |  |
| --- | --- |
| 5 | Point left to side |

|  |  |
| --- | --- |
| 6 | Touch left beside right |

|  |  |
| --- | --- |
| 7 | Point left to side |

|  |  |
| --- | --- |
| 8 | Step left together (9:00) |

**SECTION 6: STEP, SCUFF, STEP, SCUFF, STOMP, STOMP, SWIVET**

|  |  |
| --- | --- |
| 1 | Step right forward |

|  |  |
| --- | --- |
| 2 | Scuff left beside right |

|  |  |
| --- | --- |
| 3 | Step left forward |

|  |  |
| --- | --- |
| 4 | Scuff right beside left |

|  |  |
| --- | --- |
| 5 | Stomp right forward |

|  |  |
| --- | --- |
| 6 | Stomp left beside right |

|  |  |
| --- | --- |
| 7 | Isolating upper body swivel right on ball of left and heel of right |

|  |  |
| --- | --- |
| 8 | Swivel left on ball of left and heel of right replacing left (9:00) |

**RESTART: During 4th rotation after count 32 Restart dance from beginning**

**TAG: After 1st rotation add Tag steps below**

**STEP, SCUFF, STEP, SCUFF, STOMP, STOMP, SWIVET**

|  |  |
| --- | --- |
| 1 | Step right forward |

|  |  |
| --- | --- |
| 2 | Scuff left beside right |

|  |  |
| --- | --- |
| 3 | Step left forward |

|  |  |
| --- | --- |
| 4 | Scuff right beside left |

|  |  |
| --- | --- |
| 5 | Stomp right forward |

|  |  |
| --- | --- |
| 6 | Stomp left beside right |

|  |  |
| --- | --- |
| 7 | Isolating upper body swivel right on ball of left and heel of right |

|  |  |
| --- | --- |
| 8 | Swivel left on ball of left and heel of right replacing left |

**ENDING: After 6th rotation facing original 12:00 add ending steps below**

**SECTION 1: POINT, HOLD (TURN ½), REPLACE, HOLD, POINT, TOUCH, POINT, TOGETHER**

|  |  |
| --- | --- |
| 1 | Point right to side |

|  |  |
| --- | --- |
| 2 | Hold then turn ½ right drawing right toward left (6:00) (optionally, make a full turn to face the original 12:00) |

|  |  |
| --- | --- |
| 3 | Step right beside left |

|  |  |
| --- | --- |
| 4 | Hold |

|  |  |
| --- | --- |
| 5 | Point left to side |

|  |  |
| --- | --- |
| 6 | Touch left beside right |

|  |  |
| --- | --- |
| 7 | Point left to side |

|  |  |
| --- | --- |
| 8 | Step left together (6:00) (end section facing original 12:00 if full turn made) |

**SECTION 2: STEP, SCUFF, STEP, SCUFF, STOMP, STOMP, SWIVET**

|  |  |
| --- | --- |
| 1 | Step right forward |

|  |  |
| --- | --- |
| 2 | Scuff left beside right |

|  |  |
| --- | --- |
| 3 | Step left forward |

|  |  |
| --- | --- |
| 4 | Scuff right beside left |

|  |  |
| --- | --- |
| 5 | Stomp right forward |

|  |  |
| --- | --- |
| 6 | Stomp left beside right |

|  |  |
| --- | --- |
| 7 | Isolating upper body swivel right on ball of left and heel of right |

|  |  |
| --- | --- |
| 8 | Swivel left on ball of left and heel of right replacing left (6:00) |

**(end section facing original 12:00 if full turn made)**