

# K Polka

**COPPER KNOB**  
ART OF MOVEMENT

**Count:** 40      **Wall:** 4      **Level:** Beginner

**Choreographer:** Kay Needham – Artesia NM, USA - Oct. 2015

**Music:** Una Paloma Blanca by George Baker



## **S1: Walk forward 3, hitch (clap); Walk back 3, touch (clap)**

- 1-4                      Left Walk forward 3 (L-R-L) & hitch right knee on 4 (slight hop) (clap optional)  
5-8                      Right Walk back 3 (R-L-R) & touch left beside right (clap optional)

## **S2: Vine Left; Vine Right - (Drunken Schottische)**

- 1-4                      Vine left L-R-L , touch R & clap  
5-8                      Vine right R-L-R, touch L & clap

## **S3: (Heel & Toe Polka)**

- 1-4                      Touch left heel at a 45° angle, touch left toe beside right foot & shuffle in place (L,R,L)  
5-8                      Touch right heel at a 45° angle, touch right toe beside left foot & shuffle in place (R,L,R)

## **S4: (Jessie Polka)**

- 1-4                      Touch left heel forward, step weight on left foot back to center, touch right toe back, touch right toe beside left  
5-8                      Touch right heel forward, step in place on right foot, Touch left heel forward, bend left over knee (hook)

## **S5: Stomp**

- 1-4                      Step left, stomp right beside left, step left, on (4) turn ¼ right and hook right foot  
5-8                      Stomp forward on right, left, right; on (8) turn left ½ and hook left foot

**Contact:** [jkneedham@gmail.com](mailto:jkneedham@gmail.com)