

# Polk Salad Annie

Count: 0

Wall: 1

Level: Intermediate

Choreographer: Maggie Gallagher (UK) & Pat Stott (UK)

Music: Polk Salad Annie - John Dean



Sequence: AAB, A (49-80), AA, B (1-24 repeated twice), B (1-16). Or split the floor and one side can dance part A all the way through the music

## SECTION A

Commence facing back of room

### STEP FORWARD, SLOW TURN ½ TO LEFT SHOULDER SHIMMIES, KNEE POPS

- 1-6 Step forward on right, with knees bent slowly ½ turn to left keeping weight on right (shimmy shoulders as in "hot tamales")
- 7-8 Transfer weight to left and pop right knee in, transfer weight to right and pop left knee in

### FORWARD, TOUCH, FORWARD, TOUCH, 2 WALKS FORWARD, ½ PIVOT

- 9-10 Step forward on left, touch right toe to right side
- 11-12 Step forward on right, touch left toe to left side
- 13-14 Walk forward - left, right
- 15-16 Step forward on left, pivot ½ to right transferring weight to right

### STEP FORWARD HIP BUMPS, STEP FORWARD, HIP BUMPS, KICK, BALL, 3 BOOGIE WALKS

- 17&18 Step forward on left, bump hips - left, right, left
- 19&20 Step forward on right, bump hips - right, left, right
- 21&22 Kick left foot forward, step onto ball of left, step forward on right (swiveling)
- 23-24 Walk forward -left, right (swiveling feet as you walk forward)

**Boogie walks: step forward onto ball of foot with heel turned in and as you place your weight down push heel out to side**

### STEP OUT, STEP OUT, HOLD 3 BEATS, PADDLE ¼ TURN, PADDLE ¼ TURN

- &25 Step to left side, step right to right side and turn head to right
- 26-28 Hold
- 29-30 Step forward on right, turn ¼ to left transferring weight onto left
- 31-32 Repeat 29-30

**On each paddle turn slowly rotate hips in a circle from left to right**

### SHUFFLE FORWARD, ½ TURN AND SHUFFLE FORWARD, ¼ TURN AND SHUFFLE FORWARD, ½ TURN AND SHUFFLE FORWARD

- 33&34 Shuffle forward - right, left, right
- 35&36 Turn ½ to left & shuffle forward - left, right, left
- 37&38 Turn ¼ to right & shuffle forward - right, left, right
- 39&40 Turn ½ to left & shuffle forward - left, right, left

### STEP FORWARD, HOLD AND SNAP, ¼ TURN & STEP BACK, HOLD AND SNAP, STEP FORWARD HOLD AND SNAP, ¼ TURN & STEP BACK, HOLD AND SNAP

- &41-42 Step forward on right, step left slightly to left, hold & snap fingers above head
- &43-44 Turning ¼ to right step back on right, step left slightly to left, hold & snap fingers by each side
- &45-48 Repeat steps & 41 - 44

### RIGHT FOOT FORWARD, TAP HEEL 3 TIMES, LEFT FOOT FORWARD, TAP LEFT HEEL 3 TIMES

- 49-52 Place right foot forward and raise and lower right heel 3 times

**Right arm forward with palm facing down and move arm to right side over the 4 beats**

- 53-56 Repeat 49-52 commencing with left foot and left arm

**CHASSE TO RIGHT, ROCK BACK, RECOVER, SIDE, HOLD & CLAP, CLOSE, SIDE, HOLD & CLAP, CLOSE, ¼ TURN, ½ PIVOT**

- 57&58 Step right to right, close left to right, step right to right
- 59-60 Rock back on left, recover onto right
- 61-62 Step left to left, hold & clap
- &63-64 Close right to left, step left to left, hold and clap
- &65 Close right to left, turn ¼ to left and step forward on left
- 66-68 Step forward on right, pivot ½ turn to left transferring weight to left step forward on right

**ROCK FORWARD, RECOVER, COASTER STEP, ROCK FORWARD, RECOVER, ½ TRIPLE TO RIGHT, ROCK FORWARD, RECOVER, COASTER STEP**

- 69-70 Rock forward on left, recover onto right
- 71&72 Step back on left, close right to left, step forward on left
- 73-74 Rock forward on right, recover onto left
- 75&76 ½ triple step turning to right - right, left, right
- 77-78 Rock forward on left, recover on right
- 79&80 Step back on left, close right to left, step forward on left

**PART B**

**KNEE POPS, ¼ TURN, STEP, TOUCH, STEP, TOUCH, HIPS THRUSTS. ¼ TURN, STEP, TOUCH, STEP, TOUCH, KNEE KNOCKS, ¼ TURN, STEP, TOUCH, STEP, TOUCH**

- 1-2 Weight on left, turn right knee in towards left, weight transfers to right, pop left knee in towards right
- 3-4 Step forward on left, turn ¼ to right (weight now on right)
- 5-6 Step forward on left, touch right toe to right side
- 7-8 Step forward on right, touch left toe forward
- 9-10 Thrust hips - twice (pulling arms back at waist level as the hips go forward)
- 11-12 Step forward on left, turn ¼ to right transferring weight to right
- 13-14 Step forward on left, touch right toe to right side
- 15-16 Step forward on right, touch left toe forward
- 17-18 Knock knees together - twice
- 19-20 Step forward on left, turn ¼ to right
- 21-22 Step forward on left, touch right toe to right side
- 23-24 Step forward on right, touch left toe forward
- 25-40 Repeat steps 1 - 16

**KNEE KNOCKS, CROSS, POINT, CROSS, POINT, CLOSE, TOUCH**

- 41-48 Knock knees together twice, step forward on left, touch right toe to right, step right across left, touch left toe to left, close left to right, touch right toe to right
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