

Lightning Polka



Choreographed by: Peter Metelnick
Music: **Sin Wagon** by **The Dixie Chicks** (CD: Fly - 144 bpm)
I Want You To Want Me by **Jim Witter**
Little Bird by **Sherrié Austin** (CD: Love In The Real World – 140 bpm)
Ghost Riders In The Sky by **Ned Sublette** (CD: Cowboy Rumba)

Type: 4 wall, 32 counts
Level: Intermediate

RIGHT SIDE ROCK & RECOVER, RIGHT BEHIND, LEFT TO SIDE, RIGHT CROSS OVER, LEFT SIDE ROCK & RECOVER, LEFT SAILOR STEP

1 – 2 Rock right to side, recover to left.
3 & 4 Cross right behind left, step left to side, cross right over left.
5 – 6 Rock left to side, recover to right.
7 & 8 Cross left behind right, step right slightly to the right, step left forward.

RIGHT FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT, RIGHT, LEFT HEEL SWITCHES, LEFT CROSS OVER TOE TOUCH

1 & 2 Chassé forward right, left, right.
3 – 4 Step left forward, turn ½ right (weight to right).
5&6& Touch left heel forward, step left together, touch right heel forward, step right together.
7 – 8 Touch left heel forward, cross/touch left toe over right.

LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT & LEFT HEEL SWITCHES, RIGHT STOMP, ¼ RIGHT & KICK

1 & 2 Chassé forward left, right, left.
3 – 4 Step right forward, turn ½ left (weight to left).
5&6& Touch right heel forward, step right together, touch left heel forward, step left together.
7 Stomp right together keeping weight on left.
8 Turn ¼ right on left and kick right forward.

RIGHT BACK COASTER STEP, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN FORWARD 2 (OR SPIN)

1 & 2 Step right back, step left together, step right forward.
3 & 4 Chassé forward left, right, left.
5 – 6 Step right forward, turn ½ left (weight to left).
7 – 8 Step right forward, step left forward.

Option: 7 – 8 Step right forward turning ½ left, step left back turning ½ left completing a full spin turning left & traveling forward.

Start again!