

Lightning Polka

Competition Step Sheet

DIVISION: Country Classic Team

Description: 32 Counts, 4 Walls, Lilt (Polka), Country
Choreographer: Peter Metelnick
Music: Sin Wagon by The Dixie Chicks
Count-in: 16 Count Intro



1-8 R ROCK & RECOVER, WEAVE TO L, L ROCK & RECOVER, SAILOR STEP

1-2 Rock step right foot to right side, recover weight on left foot
3&4 Cross step RF behind left, step LF to left side, cross step RF over left
5-6 Rock step left foot to left side, recover weight on right foot
7&8 Step LF behind right, step RF slightly to the right, step LF forward

9-16 R SHUFFLE, ½ PIVOT TURN, HEEL SWITCHES, CROSS OVER TOE TOUCH

1&2 Step right foot forward, step left foot together, step right foot forward
3-4 Step left foot forward, pivot ½ right
5&6 Touch left heel forward, step left foot beside right, touch right heel forward
& Step right foot beside left
7-8 Touch left heel forward, cross touch left toe over right foot

17-24 L SHUFFLE, ½ PIVOT TURN, HEEL SWITCHES, STOMP, ¼ RIGHT & KICK

1&2 Step left foot forward, step right foot together, step left foot forward
3-4 Step right foot forward, pivot ½ left
5&6 Touch right heel forward, step right foot beside left, touch left heel forward
& Step left foot beside right
7 Stomp right foot together keeping weight on left foot
8 Turn ¼ right on left foot and kick right foot forward

25-32 COASTER STEP, L SHUFFLE, ½ PIVOT TURN, 2 X WALKS

1&2 Step right foot back, step left foot together, step right foot forward
3&4 Step left foot forward, step right foot together, step left foot forward
5-6 Step right foot forward, pivot ½ left
7-8 Step right foot forward, step left foot forward