



Piece Of Cake Country & Western Dance



Lightning Polka

Choreographer: Peter Metelnick
Suggested Music: Sin Wagon by Dixie Chicks, Little Red Ridinghood by Cartoons (iTunes)
Type: 32 count, 4 wall Line Dance
Level: Beginner/Intermediate

SEC 1. SIDE ROCK. BEHIND SIDE CROSS. (X2)

1-2 Rock right to right side. Recover onto left.
3&4 Step right behind left. Step left to left side. Step right across left.
5-6 Rock left to left side. Recover onto right.
7&8 Step left behind right. Step right to right side. Step left across right.

SEC 2. SHUFFLE FORWARD. 1/2 TURN PIVOT. HEEL SHIFTS. TOUCH FORWARD. TOUCH ACROSS.

1&2 Step right forward. Step left together. Step right forward.
3-4 Step left forward. Pivot 1/2 turn right. (6:00)
5&6& Touch left heel forward. Step left together. Touch right heel forward. Step right together.
7-8 Touch left heel forward. Touch left toe across right.

SEC 3. SHUFFLE FORWARD. 1/2 TURN PIVOT. HEEL SHIFTS. STOMP. 1/4 TURN KICK.

1&2 Step left forward. Step right together. Step left forward.
3-4 Step right forward. Pivot 1/2 turn left. (12:00).
5&6& Touch right heel forward. Step right together. Touch left heel forward. Step left together.
7-8 Stomp right together (*weight stays on left*). 1/4 turn right kick right forward. (3:00)

SEC 4. COASTER STEP. SHUFFLE FORWARD. 1/2 TURN PIVOT. WALK. WALK.

1&2 Step right back. Step left together. Step right forward.
3&4 Step left forward. Step right together. Step left forward.
5-6 Step right forward. Pivot 1/2 turn left. (9:00)
7-8 Walk right forward. Walk left forward. (*Alternative: Forward full turn left on right, left.*)

NOTE: *The dance ends facing 3:00. To end facing 12:00, try making 1 1/4 turn left on right, left, right.*

