

STONE COLD POLKA

4 wall, 24 counts, Beginner line dance

Choreographed by: Johnny J. (February 2004)

Music Suggestions:

Teach: Aaron Tippin – This Heart (90 BPM - 16 Counts intro)
Billy Don Burns – That’s All Right (98 BPM - 16 Counts intro)

Slow Country: Ricky Scaggs – Cajun Moon (115 BPM - 8 Counts intro)
Scooter Lee – The Way Things Are (115 BPM - 16 Counts intro)
Brad Paisley – Me Neither (117 BPM - 16 Counts intro)

Fast Country: Kimber Clayton – If Wishes Were Horses (122 BPM - 16 Counts intro)
Doug Stone – The Right to Remain Silent (127 BPM - 16 Counts intro)
Alan Jackson – I Don’t Even Know Your Name (129 BPM - 16 Counts intro)

Non-Country: Shakira – Ciega, Sordumuda (120 BPM - 16 Counts intro)
Sophie Ellis Bextor – I Won’t Change You (121 BPM - 24 Counts intro)
Kelly Marie – Feels Like I’m in Love (121 BPM - 8 Counts intro)

Irish: Dave Sheriff – Reel Away (127 BPM - 16 Counts intro)

Numbers in square brackets indicate facing wall, e.g. [3] = 3 o’clock wall.

SECTION 1 – Polka Fwd x 2, Heel Switches, Step, Heel Split

1&2 Step forward on the left foot, Step right next to left, Step forward on the left foot
3&4 Step forward on the right foot, Step left next to right, Step forward on the right foot
5& Touch left heel forward, Step left foot next to right
6& Touch right heel forward, Step right foot next to left
7&8 Step slightly forward on left foot, Fan Heels Out, Return to centre (weight on RIGHT foot) [12]

SECTION 2 – Skip Back x 2, Polka Back, Coaster Step, Cross Rock

1& Hitch left knee while scooting back on right foot, Step left foot back
2& Hitch right knee while scooting back on left foot, Step right foot back
3&4 Step back on left foot, Step right next to left, Step back on left foot
5&6 Step back on right foot, Step left next to right, Step right foot forward
7&8 Cross rock left foot over right, Recover weight to the right foot [12]

SECTION 3 – Polka Left, Cross Rock, Polka ¼ Turn Right, Walk, Walk^{*)}

1&2 Step left to the left side, Step right next to left, Step left to the left side
3-4 Cross rock right foot over left, Recover weight to the left foot [12]
5&6 Step right to right, Step left next to right, Do ¼ turn right (CW) and step right foot forward [3]
7-8 Walk forward left, right^{*)}

**) A harder option for the “brave”: Do a full turn instead of walking - Make ½ turn right (CCW) and step left foot back on 7, then make another ½ turn right (CCW) on 8 and step right foot forward.*

Start over and have fun

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Choreographer's Notes:

I did this polka because there seems to be a wide lack of polkas for (absolute) beginners. The thought was to keep it simple and 24 counts only even though 32 counts would have been more appropriate.

So I used primarily basic steps such as polka steps forward and sideways, rock steps and a single coaster step. But I did throw in the heel switch/heel split section and the skips to give the dancers something to work with.

The basic thought with this dance is that the instructor should be able to use it to explain polka technique as well as the basic polka rhythm: 1&2, 3&4, 5&6, 7&8 etc.