

Lightning Polka

4 Wall 32-count line dance Intermediate

1. SIDE ROCK, BEHIND-SIDE-FRONT, SIDE ROCK, BEHIND-SIDE-FORWARD

- Rock/step R to side, rock sideways onto L in place **1,2**
- Step R behind L, step L to side, cross/step R over L **3&4**
- Rock/step L to side, rock sideways onto R in place **5,6**
- Step L behind R, step R to side, step L slightly fwd **7&8**

2. SHUFFLE FWD, PIVOT TURN RIGHT, SYNCOPATED HEEL TOUCHES, TOUCH TOE ACROSS

- Shuffle fwd R, L, R **1&2**
- Step L fwd, pivot 180° R **3,4**
- Touch L heel fwd, step L tog, touch R heel fwd, step R tog **5&6&**
- Touch L heel fwd, touch L toe across in front of R **7,8**

3. SHUFFLE FWD, HALF PIVOT LEFT, HEEL TOUCHES, STOMP (UP), KICK TURNING 1/4 RIGHT

- Shuffle fwd L, R, L **1&2**
- Step R fwd, pivot 180° L **3,4**
- Touch R heel fwd, step R tog, touch L heel fwd, step L tog **5&6&**
- Stamp R beside L, kick R fwd turning 90° R on ball of L **7,8**

4. COASTER STEP, SHUFFLE FWD, HALF PIVOT TURN LEFT, FULL TURN (OR WALK) FWD

- Step R back, step L tog, step R fwd **1&2**
- Shuffle fwd L, R, L **3&4**
- Step R fwd, pivot 180° L **5,6**
- Travelling fwd: full turn (360°) L stepping R,L **7,8**

Option on last two beats: you can just walk forward R,L rather than turning

Choreo.: *Peter Metelnick, Canada*

Music: *Sin Wagon Dixie Chicks*
(CD: 'Fly')