

# Polk Salad Annie

**Choreographers:** Maggie Gallagher & Patricia E. Stott

**Music:** "Polk Salad Annie" by John Dean **CD:** "Always on My Mind".

Intermediate level

**Phrased** A A B A (49-80) A A B (1 – 24 repeated twice) B (1 –16)

**Or** split the floor and one side can dance part A all the way through the music

## Section A. Commence facing back of room

### Step forward, slow turn 1/2 to left shoulder shimmies, knee pops

- 1,6 Step forward on right, with knees bent slowly 1/2 turn to left keeping weight on right  
(*shimmy shoulders as in "Hot Tamales"*)
- 7,8 Transfer weight to left and pop right knee in, transfer weight to right and pop left knee in.

### Step, point, step, point, walk, walk, step, 1/2 pivot

- 9,10 Step forward on left, touch right toe to right side
- 11,12 Step forward on right, touch left toe to left side
- 13,14 Walk forward – left, right
- 15,16 Step forward on left, pivot 1/2 to right transferring weight to right

### Step & bump, Step & bump , kick-ball-step, boogie walks

- 17&18 Step forward on left bumping hips – left, right, left
- 19&20 Step forward on right, bumping hips – right, left, right
- 21&22 Kick left foot forward, step onto ball of left , step forward on right (swivelling )
- 23,24 Walk forward –left, right (swivelling feet as you walk forward)
- (*Boogie walks – step forward onto ball of foot with heel turned in and as you place your weight down push heel out to side*)

### Out-out, hold 3,4, Paddle 1/4, Paddle 1/4

- &25 Step to left side, step right to right side and turn head to right
- 26,27,28 Hold, Hold, Hold
- 29,30 Step forward on right, turn 1/4 to left transferring weight onto left
- 31,32 Step forward on right, turn 1/4 to left transferring weight onto left  
(*on each paddle turn slowly roll hips in a circle from left to right*)

### Right shuffle, 1/2 turn, Left shuffle, 1/4 turn, Right shuffle, 1/2 turn, left shuffle

- 33&34 Shuffle forward – right, left, right
- 35&36 Turn 1/2 to left & shuffle forward – left, right, left
- 37&38 Turn 1/4 to right & shuffle forward – right, left, right
- 39&40 Turn 1/2 to left & shuffle forward – left, right, left

### & side, click high, 1/4 turn, click low, & side, click high, 1/4 turn, click low

- &41,42 Step forward on right, step left slightly to left, Hold & click fingers above head
- & 43,44 Turn 1/4 right stepping back on right, step left slightly to left, click fingers by each side
- &45–48 Repeat steps &41–44

### Touch, heel, heel, heel, Touch, heel, heel, heel

- 49-52 Touch right toe forward, Drop heel three times – taking weight on the last drop  
(*Right arm forward with palm facing down and move arm to right side over the 4 beats*)
- 53-56 Repeat 49–52 but with left foot and left arm

### Chasse right, Back-rock, side, clap, & side, clap, & 1/4, Step, 1/2 pivot, Step

57&58 Step right to right, close left to right, step right to right  
 59-60 Rock back on left, recover onto right  
 61-62 Step left to left, hold and clap  
 &63,64 Close right to left, step left to left, hold and clap  
 &65 Close right to left, turn 1/4 to left and step forward on left  
 66-68 Step forward on right, pivot 1/2 turn left, step forward on right

**Forward-rock, Coaster step, Forward-rock, Triple 1/2 turn, Forward-rock, Coaster step**

69-70 Rock forward on left, recover onto right  
 71&72 Step back on left, close right to left, step forward on left  
 73-74 Rock forward on right, recover onto left  
 75&76 1/2 triple step turning to right – right, left, right  
 77-78 Rock forward on left, recover on right  
 79&80 Step back on left, close right to left, step forward on left

**Part B**

**Knee pops, Step 1/4 pivot, Step, Point, Step, Point**

1-2 Turn right knee in towards left, transfer weight to right and turn left knee in towards right  
 3-4 Step forward on left, turn 1/4 to right (weight now on right)  
 5-6 Step forward on left, touch right toe to right side  
 7-8 Step forward on right, touch left toe forward

**Hips thrusts, Step, 1/4 pivot, Step, Point, Step, Touch fwd**

9-10 Thrust hips - twice (pulling arms back at waist level as the hips go forward)  
 11-12 Step forward on left, turn 1/4 to right transferring weight to right  
 13-14 Step forward on left, touch right toe to right side  
 15-16 Step forward on right, touch left toe forward

**Knee Knocks, Step, 1/4 Pivot, Step, Point, Step, Touch**

17-18 Knock knees together – twice  
 19-20 Step forward on left, turn 1/4 to right  
 21-22 Step forward on left, touch right toe to right side  
 23-24 Step forward on right, touch left toe forward  
 25-40 Repeat steps 1 - 16 of Part B

**Knee knocks, Step, Point, Cross, Point, Together, Point**

41-42 Knock knees together twice  
 43-44 Step forward on left, touch right toe to right  
 45-46 Step right across left, touch left toe to left,  
 47-48 Close left to right, touch right toe to right