

CD 2-16



Dance with Norm

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www.dancewithnorm.com

Lonestar Polka

Choreographed by ?

Description: 32 count, 4 WALL, Intermediate

Music: Cajun Moon by Ricky Skaggs

HEEL TAPS (3)

- 1 Right heel tap @ 1 o'clock pivot on left foot $\frac{1}{8}$, turn right
- 2 Right heel tap @ 2 o'clock pivot on left foot $\frac{1}{8}$, turn right
- 3 Right heel tap @ 3 o'clock pivot on left foot $\frac{1}{8}$, turn right
- 4 Right foot hook across left leg

SHUFFLE, HEEL TAP, HOOK $\frac{1}{4}$ TURN

- 5&6 Right shuffle forward(R-L-R)
- 7 Left heel tap forward
- 8 Left foot hook across right leg pivoting $\frac{1}{4}$ turn left

SHUFFLE, SHUFFLE

- 9&10 Left shuffle forward (L-R-L)
- 11&12 Right shuffle forward(R-L-R)

SHUFFLE, BRUSH

- 13&14 Left shuffle forward (L-R-L)
- 15 Right foot brush (no weight change)
- 16 Right foot sweep pivoting on left foot $\frac{1}{4}$ turn right

TRIPLE STEP, HEEL TAP, LEFT HOOK

- 17&18 Right triple step in place (R-L-R)
- 19 Left heel tap forward
- 20 Left foot hook across right let

SHUFFLE, SHUFFLE

- 21&22 Left shuffle forward (L-R-L)
- 23&24 Right shuffle forward (R-L-R)

GRAPEVINE LEFT, STOMP RIGHT, HEEL TOUCH, TOE TOUCH, HEEL TOUCH TOE TOUCH

- 25-27 Left foot step to left side, Right foot step behind left foot,
Left foot step to left side
- 28 Right foot stomp next to left foot (no weight change)
- 29-30 Right heel touch forward, back to place
- 31-32 Left heel touch forward, back to place

START OVER