

# DEJAS APRAKSTS

## Lemming Polka

Count: 32

Wall: 2

**Level: Intermediate (B deja)**

Choreographer: Annette Badenhorst

Music: Don't be a Lemming Polka - k.d. lang

Intro: 10 counts

**Sequence: 32, 32, 16, Tag1, Tag2, Bridge + last 16 counts, 32, 32, 16, Tag1, Tag1, Tag2**



### **S1:(1-8) ¼ Vaudeville, Cross full unwind, R Pony steps**

1 R diagonally forward (1) - [12:00]

2&3&4 L behind R (2), ¼ L stepping R to side (&), L heel forward (3), step L down in place (&), R fwd - [09:00]

5 Cross L over R and unwind full turn clockwise ending with weight on L and R hitched - [09:00]

6& R fwd (6), step L closed behind R and dip down hitching R (&) - [09:00]

7& R fwd (7), step L closed behind R and dip down hitching R (&) - [09:00]

8 R fwd - [09:00]

### **S2:(9-16) Forward rock, Back scoots, Coaster, Walk, Walk**

1-2 Rock L forward (1), Recover onto R (2) - [09:00]

&3 Scoot back on R hitching L foot (&), step back on L (3) - [09:00]

&4 Scoot back on L hitching R foot (&), step back on R (4) - [09:00]

5&6 L back (5), R beside L (&), L fwd (6) - [09:00]

7-8 Walk R (7), Walk L (8) - [09:00]

### **S3:(17-24) Dorothy, ¼ Dorothy, ½ Pivot, Shuffle**

1-2& R Diagonal fwd (1), Lock L behind R (2), R Diagonal fwd (&) - [09:00]

3-4& ¼ L stepping L fwd (3), Lock R behind L (4), L fwd (&) - [06:00]

5-6 R fwd (5), ½ L onto L (6) - [12:00]

7&8 R fwd (7), close L next to R (&), R fwd (8) - [12:00]

### **S4: (25-32) Forward rock, ½ Shuffle, Cross full unwind, Dip**

1-2 Rock fwd on L (1), Recover onto R (2) - [12:00]

3&4 ½ Turn to L stepping L (3) R (&) L (4) - [06:00]

5-6 Cross R over L (5) & unwind L (6)- [06:00]

7-8 Keep heels together, toes fanned out, bend your knees (7), and recover (8) – [06:00]

**TAG 1: 18 Counts (1 x after wall 3 - 09:00, 2 x after wall 7 - 12:00)**

**TS1:(1-8) 2 x ½ Monterey turns,**

1 2 3 4 Point R to right (1), ½ Turn R on ball of L step R next to L (2), Point L to L (3), Step L next to R (4)

5 6 7 8 Point R to right (5), ½ Turn R on ball of L step R next to L (6), Point L to L (7), Step L next to R (8)

**TS2:(9-16) Chasse, Back rock, Chasse, Back rock**

1&2 Step R to R (1), step L next to R (&), step R to R (2)

3-4 Rock L back (3), recover onto R (4)

5&6 Step L to L (5), step R next to L (&), step L to L (6)

7-8 Rock R back (7), recover onto L (8)

**TS3:(17-18) Heel switches**

1&2& R heel fwd (1), Step R next to L (&), L heel fwd (2), Step L next to R (&)

**TAG 2: 4 Counts (1 x After Wall 3 and Tag 1 - 09:00, 1 x After Wall 7 and both of Tag 1 - 12:00)**

**T2: 2 x Kick ball changes**

1&2 Kick R (1), step R next to L (&), Point L to L (2)

3&4 Kick L (1), step L next to R (&), Point R to R (2)

**BRIDGE: 16 Counts (Replaces first 16 counts of wall 4 - 09:00)**

**B1:(1-8) Apple jacks, Boot slap back, Boot slap across, ¼ Boot slap, Stomp, Stomp,**

1& Start with feet slightly apart in parallel. Swivel L heel & R toe both to R. Swivel Back to original position.

2& Change weight and swivel R heel & L toe to L. Swivel back to original position.

3& Swivel L heel & R toe both to R. Swivel Back to original position.

4& Change weight and swivel R heel & L toe to L. Swivel back to original position.

5& R fwd (5), flick L foot up behind R and slap with R hand (&),

6& L back (6), Hook R across L and slap R foot with L hand (&),

7&8 ¼ L turn on L and flick R foot back and out to R, slap with R hand (7), R stomp (&), L stomp (8)

**B2: (9-16) Charleston, Step scuff hitch, Coaster**

1-2 Touch R forward (1), Step R back (2)

3-4 Touch L back (3), Step L fwd (4)

5-6 R fwd (5), L scuff & hitch (6)

7&8 L Back (7), R next to L (&), L fwd (8)

**Sequence: 32, 32, 16, Tag 1, Tag 2, Bridge + last 16 counts, 32, 32, 16, Tag 1, Tag 1, Tag 2**

**Wall 1 12:00 - 32**

**Wall 2 06:00 - 32**

**Wall 3 12:00 - 16, Tag 1, Tag 2**

**Wall 4 09:00 - Bridge + last 16 Counts of Main dance**

**Wall 5 03:00 - 32**

**Wall 6 09:00 - 32**

**Wall 7 03:00 - 16, Tag 1, Tag 1, Tag 2**