

DOWN IN THE DIRT POLKA (aka. Sixteen Step or Rebel Strut) *

Level: Beginner
Counts: 24
Choreographer: Unknown (Traditional)
Dance Type: Travelling LOD (CCW Circle)
Music Suggestions: Ricky Skaggs - Cajun Moon (115 BPM)
Sammy Kershaw - She Don't Know She's Beautiful (116 BPM)
Mary Chapin Carpenter - I Feel Lucky (120 BPM)
Kenny Chesney - She Thinks My Tractor's Sexy (122 BPM)
Billy Dean - That Girl's Been Spying on Me (124 BPM)
Shania Twain - That Don't Impress Me Much (125 BPM)
Alan Jackson - The Thrill is Back (128 BPM)
Corresponding Line Dance: None
Starting Position: Right Side-By-Side facing LOD
Footwork: The same for both man and woman

Right & Left Heel & Toe Touches

- 1-2 Touch Right heel forward; Touch Right foot together
- 3-4 Touch Right heel forward; Step Right foot together
- 5-6 Touch Left heel forward; Step Left foot together
- 7-8 Touch Right toe back; Step Right foot together
- 9-10 Touch Left heel forward; Step Left foot together

Stomps & Step Turns

- 11-12 Stomp Right foot next to Left twice (Stomp up - No weight)
- 13-14 Release Right hands and raise left hands high; Step Right foot forward and pivot ½ turn left (CCW - Now facing RLOD)**
- 15-16 Step Right foot forward and pivot ½ turn left (CCW - Now facing LOD); Rejoin hands

Forward Shuffles

- 17&18 Shuffle forward Right, Left, Right
 - 19&20 Shuffle forward Left, Right, Left***
 - 21&22 Shuffle forward Right, Left, Right***
 - 23&24 Shuffle forward Left, Right, Left
- Note: Twist your body diagonally to the left when doing right shuffles and diagonally to the right when doing left shuffles

Start Over

NOTES:

THE NAME OF THE DANCE:

* This dance is known as "Down in the Dirt Polka" in America and "Sixteen Step" in Europe. In some places it is wrongly named "Sweet Sixteen". However, "Sweet Sixteen" is the name of another quite similar (but NOT identical) dance.

VARIATION SUGGESTIONS:

** Instead of releasing right hands, you can release left hands for a butterfly turn. The man will then have to catch the lady's left hand on count 15 and release right hands for the turn back.

*** Instead of ordinary shuffle steps on counts 19&20 and 21&22 (NOT 17&18 or 23&24) the man can lead the lady into two full shuffle turns (or two half shuffle turns if she's disposed to getting dizzy).