

BETTY & LOU'S 2STEP2 DANCE STUDIO
281-337-0441
www.2step2.net

1ST LEVEL POLKA ONE STEP

POLKA ONE STEP

1. BASIC FORWARD
2. BASIC BACKWARD
3. SLOW LADY'S UNDERARM TURN
4. ALTERNATING BODY TURNS (RIGHT TURN – FWD/BWD)
5. RIGHT TURN TO CONVERSATION (CROSS FOOTWORK) TO
 - A. FORWARD LINE OF DANCE
 - B. BACKWARD LINE OF DANCE
 - C. LADIES UNDERARM TURN
6. MULTIPLE PROMENADE UNDERARM TURN TO CLOSED FORWARD
7. LEFT TURN