

BETTY & LOU'S 2STEP2 DANCE STUDIO  
281-337-0441  
[www.2step2.net](http://www.2step2.net)

**2ND LEVEL POLKA ONE STEP**

- 1. PARALLEL WALKS**
  - 2. WALK THROUGH SQUARE OFF TO DOUBLE SPINS**
  - 3. CONTINUOUS WHIP-INSIDE/OUTSIDE TRACKS**
  - 4. OUTSIDE SWIRL WITH DOUBLE SPIN TO FWD  
CLOSED**
  - 5. BELTLOOPS WITH DOUBLE SPIN TO FWD CLOSED**
  - 6. CONTINUOUS BELTLOOPS TO FWD CLOSED**
  - 7. FWD PROMENADE FREESPINS (LADIES ONLY)**
- OPT: AROUND THE WORLD- SINGLE & DOUBLE**