

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

**3RD- LEVEL POLKA ONE STEP**

- 1. FORWARD PROMENADE FREE SPINS**
  - A. MALE & FEMALE**
- 2. ONE & TWO HAND PROMEADE TO SWEET-HEART WRAP TO:**
  - A. MANS CLOSED BACKWARD LINE OF DANCE**
  - B. LADIES REVERSE SPIN TO FWD LINE OF DANCE**
  - C. LADIES INSIDE TURN TO FWD LINE OF DANCE**
- 3. RIGHT CONTINUOUS TURNS**
- 4. LEFT CONTINUOUS TURNS**
- 5. SHOULDER PASS TO CLOSE (DOUBLE CROSS FOOTWORK)**
  - A. FROM BWD LINE OF DANCE**
  - B. TO RIGHT CONTINUOUS TURNS**