

BETTY & LOU'S 2STEP2 DANCE STUDIO

281-337-0441

www.2step2.net

4TH LEVEL POLKA ONE STEP

1. REVERSE PASS
 - A. WITH DOUBLE SPIN
2. OPEN POSITION WITH DOUBLE SPIN
 - A. TO WALK THROUGH SQUARE OFF
 - B. TO BELTLOOPS OR WHIP
3. DOUBLE CROSS TURNS
 - A. TO WALK THROUGH SQUARE OFF
4. SPIN WHIP
 - A. SHOULDER PASS TO SPIN WHIP
5. WINDY CITY
 - A. WINDY CITY TO HEAD LOOPS