

BETTY & LOU'S 2STEP2 DANCE STUDIO

281-337-0441

www.2step2.net

1ST LEVEL POLKA

POLKA

1. BASIC FORWARD

Lady's quick underarm turn

2. BASIC BACKWARD

3. SLOW LADY'S UNDERARM TURN

4. ALTERNATING BODY TURNS (RIGHT TURN – FWD/BWD)

5. RIGHT TURN TO CONVERSATION TO

A. FORWARD LINE OF DANCE

B. BACKWARD LINE OF DANCE

C. LADIES UNDERARM TURN

**6. CONVERSATION TO BACKWARD & FORWARD
PROMENADE WITH FIX THE HAND. END WITH
CONVERSATION**