

BETTY & LOU'S 2STEP2 DANCE STUDIO

281-337-0441

www.2step2.net

11 TH LEVEL POLKA

1. LADY'S CONTINUOUS PRETZEL
 - A. FROM NATIONAL SWIRL
 - B. FROM WRAP UP
 - C. TO FORWARD PROMENADE
 - D. TO BACKWARD PROMENADE
 - E. TO WRAP

2. INSIDE TURN WITH SWIVELS (CLUB DANCE OR WINDY CITY)
 - A. FREE SPINS FOR BOTH TO FORWARD PALM TO PALM POSITION (MALE TURNING TO INSIDE OF FLOOR)
 - B. FREE SPINS FOR BOTH TO BWD PROMENADE (MALE TURNING TO OUT SIDE OF FLOOR)

3. RIBBONS TO DISCONNECT/RECONNECT TO WINDY CITY

4. R / R TO LADY WAIST WRAP
 - A. TO R/R BACKWARD PROMENADE
 - B. TO RIBBONS

5. R/R TO LADY WAIST WRAP TO NECKWRAP TO RIBBONS EXIT TO FORWARD PALM TO PALM POSITION