

BETTY & LOU'S 2STEP2 DANCE STUDIO
281-337-0441
www.2step2.net

3RD LEVEL POLKA

- 1. BWD/FWD PROMENADE TO WHIP TO FWD CLOSED**
 - 2. CONTINUOUS WHIP-INSIDE/OUTSIDE TRACKS**
 - 3. BASIC TO OPEN TO OUTSIDE SWIRL TO FWD
CLOSED**
 - 4. BWD/FWD PROMENADE WITH TWO HANDS**
 - 5. OUTSIDE SWIRL TO BELTLOOPS TO FWD CLOSED**
 - 6. CONTINUOUS BELTLOOPS TO FWD CLOSED**
 - 7. FWD PROMENADE FREESPINS (LADIES ONLY)**
- OPT: AROUND THE WORLD- SINGLE & DOUBLE**