

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

4th- LEVEL POLKA

- 1. FORWARD PROMENADE FREE SPINS**
 - A. MALE & FEMALE**

- 2. ONE & TWO HAND PROMENADE TO SWEET-HEART WRAP TO:**
 - A. MANS CLOSED BACKWARD LINE OF DANCE**

 - B. LADIES REVERSE SPIN TO BACKWARD PROMENADE**

 - C. LADIES INSIDE TURN TO BACKWARD PROMENADE**

- 3. BASIC PROMENADE WITH TWO HAND LEAD TO BELT LOOPS WITH DOUBLE SPIN**
 - A. SQUARE OFF WITH DOUBLE SPIN TO FORWARD CLOSED**

- 4. CONTINUOUS WHIP WITH LADIES DOUBLE SPIN**
 - A. SQUARE OFF WITH DOUBLE SPIN TO FORWARD**