

BETTY & LOU'S 2STEP2 DANCE STUDIO

281-337-0441

www.2step2.net

7 TH LEVEL POLKA

1. WHIP WITH HAND CHANGES TO BWD PROMENADE (LEFT RIGHT LEFT)
2. BWD FREE SPINS (BOTH)
 - A. FWD FREE SPIN TO CLOSED
3. MALE DOUBLE SPIN TO SQUARE OFF (BELT LOOP LEAD)
4. RIGHT TO RIGHT LEAD TO SQUARE OFF TO FORWARD PALM-TO-PALM POSITION.
 - A. REVERSE DOUBLE SPINS TO BWD PROMENADE (RIGHT-TO-RIGHT)
5. LARIET A TO SQUARE OFF
6. LARIET B (CONTINUOUS LARIETS)