

BETTY & LOU'S 2STEP2 DANCE STUDIO

281-337-0441

www.2step2.net

8th LEVEL POLKA

1. LARIAT WITH REVERSE SPIN TO BWD PROMENADE
(PICK UP LADY'S HAND ON COUNT ONE)
2. INSIDE SWIRL TO NATIONAL ROPES
3. SWEETHEART WRAP TO NATIONAL ROPES
4. LEFT THROW OUT
 - A. TO BACKWARD LINE OF DANCE
 - B. TO FWD CLOSED POSITION
 - C. LADY'S FREE SPIN
 - D. TO CONTINUOUS LEFT BODY TURNS