

BETTY & LOU'S 2STEP2 DANCE STUDIO  
281-337-0441  
[www.2step2.net](http://www.2step2.net)

**9<sup>TH</sup> LEVEL POLKA**

- 1. FORWARD PALM-TO-PALM TO FORWARD RIBBONS**
  - A. DLB. SPIN-OUT TO FORWARD PALM-TO-PLAM POSITION**
  - B. MANS' BACKWARD CLOSED POSITION**
  - C. FWD FREE SPIN (MALE AND/OR FEMALE) TO**
  - D. BACKWARD PROMEADE**
  - E. LADYS' FREE SPIN TO CLOSED POSITION**
- 2. FWD RIBBONS TO BWD RIBBONS**
- 3. LARIATS TO FWD RIBBONS**
- 4. MALE PRETZEL (MALE IS BWD LINE OF DANCE)**
  - A. TO BELTLOOPS.**