

Heel Toe Polka

United States

Formation: Single circle, facing partner (Men facing against the clock, women facing clockwise)

Position: Hands joined with partner and extended to the sides

Basic steps: Heel Toe polka, and skip

A 1-8 Heel Toe, Heel Toe, slide, slide, slide, slide (going into the center)
9-16 Repeat going away from the center

B 1-8 Clap right to right hands, 3 times fast
Clap left to left hands, 3 times fast
Clap own knees, 3 times fast
Clap own hands together, 3 times fast

C 1-8 Swing right elbow with partner, one time around using 4 skips
Pass right shoulders and walk forward 4 steps

Repeat whole dance with new partner.

Notated by Jeanette Geslison