

SOURCE: From the Netherlands (The Isle of Terschelling)
 RECORD: Nevofoon 12162
 FORMATION: Cpls in a circle.
 STEPS: Heel and toe and 1, 2, 3. Each 4th time the 1, 2, 3 is stamped. M start with L ft, W with R ft.

MUSIC: PATTERN

MEAS.

PART I In hip-shoulder hold, cpls go fwd CCW

1-4 4 heel-toe 1,2,3 steps.

PART II

1-2 With H on hips, everyone goes 1 heel-toe-1,2,3 away from ptr to the side (slightly turning away from each other). The same returning (turning slightly twd each other).

3-4 Repeat meas 1-2, but on the last 3 stamps just go fwd twd ptr and finish face to face.

PART III

5-8 Still with H on hips, but facing ptr, the same sdwd movements now going CCW in the room, and back (repeat).

PART IV

5-8 Cpls in CP polka around.

Presented by Femke van Doorn
 Idyllwild weekend 1978