

DUTCH  
HAKKE - TONE  
(Heel-toe Polka)

Double circle of couples, facing CCW. Men inside, Women on their right.

1. Begin with right foot, heel, toe, step together step,  
~~Repeat~~ 4 times.
2. Women go out of circle CW, 4 step together steps, men stay.  
Men then go into circle CW, 4 step together steps, women stay.
3. Men and women face each other, hands on hips. Each person steps off to their own left, beginning with left foot, step together, step, 4 times, turn, going back, step together step 4 times.

~~Repeat, step together, step  
pattern 1 more time.~~

4. Take "W" hand position, step together, step CW 4 times then step together, step CCW 4 times.

Repeat Whole Dance. Two more Times

5. (Third time do the ~~#3 pattern, 1. time, then~~ ending in line with "W" position and bow. (PERFORMANCE ONLY))