

Heel and Toe Polka

(America)

Music: MacGregor CPM 10-401.

Formation: Circle of partners.

Part I

- 1-4 All start with L ft - inside hands joined. Two heel and toe polkas fwd.  
5-8 8 skipping steps fwd.  
9-12 Repeat meas 1-4.  
13-14 Four skip steps fwd.  
15-16 Face partner, jump to side stride position (ct 1), jump to closed position (ct 2), hold (cts 3-4).

Part II

- 1-2 Partners facing, all start L ft. Four skip steps bkwd from partner.  
3-4 Four skip steps to partner.  
5-8 Hook R elbows, turn 1-1/2 times with partner.  
9-16 Repeat meas 1-8, ending in position to start dance from the beginning.