

Heel and Toe Polka

(America)

This dance is executed by couples in open position, lady on the gent's R, both facing the same direction. Gent holds lady's R hand in his L, raising it forward about chest-high. His R arm is placed around her waist and her L hand rests upon his R shoulder. Both start with outside foot, lady, with R, gent with L, and the same steps are executed by the couple in unison, except on the opposite feet.

Man's Part

- Count 1 Bring the L foot half a step fwd having only the back of the heel touching the floor and toe raised. The body should bend slightly backward as this step is taken.
- Count 2 Swing the L foot to the rear touching the floor with the point of the toe. The body should bend slightly forward as this step is taken.
- Count 3 Step directly fwd on the left foot.
- Count "and" Step directly fwd on the Right foot.
- Count 4 Step fwd on L foot.

This completes one sequence which then is repeated three more times. The couples then take regular waltz position and do a straight polka for eight measures.

The words for this dance follow:

Heel-toe and away you go
Heel-toe and away you go
Heel-toe and away you go
And now you do the polk-e-o