

HEEL AND TOE POLKA (American Mixer - Traditional)

Music: We use "Cotton Eyed Joe" but any good polka could be used
Formation: One large circle with partners facing; both hands joined. Men with backs to the center facing out.

Calls		Description
1)	Heel toe, heel toe, Slide, slide, slide, slide	With inside foot everyone goes heel toe, heel toe, followed by four sliding steps toward the center.
2)	Heel toe, heel toe, Slide, slide, slide, slide	Standing in the center with outside foot everyone goes heel toe, heel toe, followed by four sliding steps back to place and drop hands.
3)	Slap, 2, 3	All slap own thighs, three times.
4)	Clap, 2, 3	All clap three times.
5)	Right 2, 3	All touch Right hands with partner three times.
6)	Left 2, 3	All touch Left hands with partner three times.
7)	Swing, go on to the next, join hands, go	Hook Right arms and swing one full turn, then pass Right shoulders and go on to the next, always progressing the same direction around the circle.

-or-

Do-si-do then go on to
the next

All folk arms and do-si-do all the way around then pass Right shoulders and go on to next, by walking straight ahead past your partner. You will meet a new partner. The do-si-do can be likened to running around your partner.

Repeat Calls 1-7 until the music ends.

Description notes from Traditional American Dance Book by Rick Myers, 1983.

Presented in Anacortes, WA, by Dina Blade 1988.

Dance presented by Ginny and Gary Ramey at the Seattle Folkdance Festival March 1998.