

ASTON POLKA CONTRA
By John Findlay

Formation: Contra lines, 1,3,5 etc., cpls active and crossed over.

Music: Shaw 187

<u>Cts</u>	<u>Actions and explanations</u>
1-8	HEEL, TOE, OUT; HEEL, TOE, IN -- Actives face the cpl below (down the set), as the inactives face them (up the set), join both hands, start with ft on the outside of the set, move away from ctr with a "heel and toe, and step, close, step," then with the other ft move twd the ctr with the same action.
9-16	HEEL, TOE, OUT; HEEL, TOE, LADIES IN -- Dance away from the ctr as above, then repeat only the last "heel and toe," drop hands and as the M take three steps in place the ladies dance alone twd the ctr with a "step, close, step," all continuing to face as they did at the start in four separate lines, two lines of ladies (facing opp directions) in the ctr, two lines of M on the outside of the set (facing opp directions), actives facing down the set, inactives facing up the set.
17-24	ALL MARCH AND TURN ALONE -- All march in the direction they are facing six short steps, turning to face the opp direction with a "step, close, step" on the 7th and 8th cts.
25-32	COME BACK TO HER AND ALLEMANDE LEFT -- Dancers return in four normal steps to the person with whom they did the "heel and toe," and using four more steps, do an allemande L with a Pigeon Wing handhold.
33-40	LADIES CHAIN ACROSS THE SET -- The ladies chain across to the other M.
41-48	CHAIN BACK -- Ladies chain back to orig lines. <u>Progression</u> has been made, actives have moved down one place, inactives up one place, all in orig lines.
49-56	SAME FOUR LEFT HAND STAR -- Star L exactly once around.
57-64	RIGHT HAND STAR BACK TO YOUR LINES -- Star R exactly once around to end in orig long lines but facing a new person below, actives facing down, inactives facing up, to start.

To prompt this dance:

Intro	- - - -, <u>All</u> get <u>set</u> for the <u>heel</u> and <u>toe</u>
1-8	(<u>Heel</u> , <u>toe</u> , <u>out</u> , - , <u>heel toe in</u> , -) (Cadence calls, not prompts)
9-16	(<u>Heel</u> , <u>toe</u> , <u>out</u> ,) -, <u>ladies in</u> , <u>all march</u> (Cadence calls. Last four cts prompts.)
17-24	- - - -, <u>Turn</u> cha cha come back to her
25-32	- - <u>Allemande left</u> , - - <u>Ladies chain</u>
33-40	- - - -, - - <u>Chain back</u>
41-48	- - - -, <u>Same four left hand star</u>
49-56	- - - -, <u>Right hand star</u> come back to your <u>lines</u> *

*Caller indicates CROSS OVER every second and alternate sequence through the dance.

ASTON POLKA CONTRA (continued)

As the dancers learn the figure, less prompting is necessary.
For example:

57-64 - - - -, All get set for the heel and toe.
 1-8 - - - -, - - - Again
 9-16 - - - -, Ladies in all march
 17-24 - - - -, - Turn - come back
 25-32 - - - Allemande, - - - chain
 33-40 - - - -, - - - Back
 41-48 - - - -, - - Left star
 49-56 - - - -, - - - Right

Presented by Don Armstrong