

POLKA ALEGRE

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(ECO 25207)

Record: ECO #207; Polkas Alegres (L.P.) (Side B, Band 1)  
Mexican Polka from Northern Mexico

Formation: Contra Formation with 4 couples in each set.

- Part 1. Basic step: A pas-de-basque step, lifting knees high, thus: leap onto Right foot, diagonally right; place right heel in front of right foot; step on right. Repeat to the Left, starting Left.  
Everyone: forward 4, back 4, forward 4, back 4.
- Part 2. Head man, foot lady right elbow turn (or swing) and return to place. Head lady, foot gent do the same.
- Part 3. Head couple hold hands. With outside foot (Man's Left, Woman's Right), do a heel, toe. With inside foot do a "heel-toe"  
Slide 4 times to the foot of the set.  
Repeat "heel-toe" starting with Man's Left.  
Slide to the top of the set.

Repeat #1, but during the first 8 pas-de-basque steps, head couple casts off around the outside and to the bottom of the set.  
Couple No. 2 is now the head couple.  
Repeat until all 4 couples have been the head couple.

Ending: Do basic step up to partner, go once around, join hands, then skip off the floor.

Presented by Nelda Drury at Lighted Lantern, 1974