

# Tex-Mex One Step/Polka

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This couple dance is an apparent variation of the Caribbean Merengue and influenced by the Polish and Czech immigrants to Northern Mexico.

Music: 2/4 meter

Formation: Facing ptr in adjusted Ballroom position (holding each other's upper arm rather than shldr, on the closed side). Lean slightly fwd.

Meas Pattern

## BASIC FORWARD AND BACK

Leader (Ldr): Begin L ft, fwd and back stepping on each beat. Any number of steps. Change directions at any time without missing a step.

Follower (Fllwr): Begin R ft and follow the lead.

## BASIC IN PLACE

1 Ldr step fwd with L (ct 1); step in place with R (ct 2).

2 Step bkwd with L (ct 1); step home with R.

Fllwr: opp ftwk.

## BASIC LEG TWIST STEP

Ldr: Same as basic, but lean body slightly fwd and turn toe of stepping ft slightly outward, and toe of free ft inward and rolled to the side as it follows behind. While moving bkwd twist toe of stepping ft slightly inward and toe of free ft outward while it trails in front.

Fllwr: Begin with the bkwd step and continues with opp ftwk and direction as the leader.

## POLKA STAMP

Steps are done in place and double-time (4 cts per meas).

1 Ldr.: Heavy step on left in place (ct 1); turn body to L while swinging R foot to front, brushing heel heavily on the floor as it passes the L ft (ct &); hop, or lift on L as the R leg swings fwd (ct 2); stamp R beside L (no wt) (ct &).

2 Repeat to the R with opp ftwk.

Fllwr: Does opp ftwk.

## POLKA TRAVEL (Open or semi-open pos)

1 Ldr: Do a two-step (step-close-step) forward beginning left (cts 1,&,2).

2 Step fwd on R (ct 1); step on L next to R (ct &); step fwd on R (ct 2).

Fllwr: Also travels fwd with opp ftwk.

## POLKA TURN (Closed Tex-Mex pos, done smoothly with no bouncing)

1 Step on L to L (while turning CW) (ct 1); step on R next to L, continue turning (ct &); step on L to L, continue turning (ct 2); hold, but continue turning (ct &).

2 Repeat with opp ft, but continue turning CW.

Fllwr: Opp ftwk.

Presented by Jerry Duke