

RECORD: Any polka

TYPE: Set of 2 couples in a circle. Use polka step throughout.

INTRODUCTION:

A. BOW & CIRCLE

All bow to partner (12). Bow to corner (34).
All join hands and circle left (1234).
Drop hands and turn once around to left (12).
Join hands and circle right (3412).
Drop hands and turn once around to right (34).

B. RIGHT HAND STAR

Right hand star (1234). Left hand star (1234). All join hands.
Circle left (1234). Circle right (1234).

C. ELBOW SWING

Right elbow once around with partner (1234).
Left elbow once around with corner (1234). All join hands.
Circle left (1234). Circle right (1234).

D. LADIES CHAIN

Ladies chain over and back (12345678). All join hands.
Circle left (1234). Circle right (1234).

E. RIGHT & LEFT THROUGH

Right & left over and back (12345678). All join hands.
Circle left (1234). Circle right (1234).

F. KENTUCKY LOOP

One couple dive under other couple's joined hands and invert
the circle (1234). Back to back, circle left (1234).
Other couple back under first couple's joined hands and turn
circle right side out (1234). Circle right (1234).

G. MOUNTAIN LOOP

One couple dive under other couple's joined hands, release
partner's hand and (turning away from each other) lead
around the sides, other couple turning under joined hands.
First couple rejoins hands. (1234). Circle left (1234).
Other couple repeats all. Circle right (1234).

NOTE: If there is any music left over at end of dance, improvise
ending: Possible choices are -

- Promenade
- Polka with partner or corner
- Make one large circle with all couples
- Swing
- Bow to partner and corner