

Seven-Step Polka

(Scotland)

Arranged by Barbara McOwen, February 2000.

Music:

2/4 Meter

Formation: Circle of cpls in Ballroom pos, facing CCW around the room. Beg with M's L, W's R. Shetland Style.

Bars

Pattern

Chord

INTRODUCTION Bows and curtseys.

PATTERN Steps indicated for M, W does opp.

- 1-2 Moving into the circle, step fwd on L (ct 1); step on R next to L (ct &); step fwd on L (ct 2); step on R next to L (ct &); step fwd on L (ct 1); step on R next to L (ct &); step fwd on L (ct 2). (Step close step close step close step)
- 3-4 Repeat meas 1-2 bkwd with opp ftwk (backing out of the circle).
- 5 Step fwd on L (ct 1); step on R next to L (ct &); step fwd on L (ct 2); hop on L (ct &). W dances bkwd with opp ftwk. (Step close step hop)
- 6 Repeat meas 5 with opp ftwk.
- 7 Facing ctr of circle, step fwd on L (ct 1); step on R next to L (ct &); step fwd on L (ct 2); hop on L (ct &). (Step close step hop)
- 8 Repeat meas 7 bkwd with opp ftwk (backing out of the circle).
- 9-12 8 step-hops turning as a cpl.

Presented by Jennifer Kelly