

## POLKA ALEGRE

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

Formation: Contra formation with four 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 foot.

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 man, own partner, left elbow swing.

#### Part 3:

Head couples hold hands. With outside foot (Man's left, Lady'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.

Repeat Part L, 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.

#### Ending:

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

*Nelda Drury*  
*Dallas 1975*