

TEN-STEP POLKA

America

- SOURCE: A Country-Western Polka
- MUSIC: Record: Orange Blossom Special or any C.W. Polka (Urban Cowboy Soundtrack: Asylum Records # D P90002)
- FORMATION: Dancers side by side in short lines facing LOD. Arms around neighbor's waist or shldr

METER: PATTERN

Meas

PART I

Do 4 two-steps fwd, starting with L ft

PART II

Place tap L heel in front

Bring it back home

Point R ft in bk

Tap R ft at home (take no wt)

Tap R heel fwd

Bring R ft twd L ankle or shin

Tap R ft fwd

Step on R ft at home

Tap L heel in front

Tap L toe at home

Repeat all.

Presented by Nelda Drury
Idyllwild Conference, 1981

TEN STEP POLKA

60 Also known as the San Antonio Stroll

Meter: 2/4

Part I, add 1-4 in Meas column.

Part II, Line 1 add 1 in Meas column, add (ct 1) at end of line.
 Line 2 add (ct 2) at end of line.
 Line 3 add 2 in Meas column, add (ct 1) at end of line.
 Line 4 add (ct 2) at end of line.
 Line 5 add 3 in Meas column, add (ct 1) at end of line.
 Line 6 add (ct 2) at end of line.
 Line 7 add 4 in Meas column, add (ct 1) at end of line.
 Line 8 add (ct 2) at end of line.
 Line 9 add 5 in Meas column, add (ct 1) at end of line.
 Line 10 add (or lift L ft straight back) (ct 2) at end of line.