

FLOR DE MEXICO  
--a northern Mexican polka

Source: Carlos Rosas

Recording: -- Tri-color MG 540B (Columbia 6073X also suitable)

- 1st step Partners facing, hands joined, arms outstretched -- three sliding steps to the left (cts. 1,2,3), heel and toe with R (ct 4). Three sliding steps to the R, heel and toe with the L. Repeat 3 more times.
- 2nd step W sits, man step-hops around her to the R, to the L and in place. (M is describing a heel and toe step in the air with his free foot.) The M's hands are in front, his thumbs hooked into his belt.
- 3rd step The man kneels on one knee, the W now does the step-hop about him. Her hands are on her skirt.
- 4th step Social dance position. A vigorous fox-trot, with movements ad lib.

repeat the entire dance

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