

ISRAEL **KRAKOWIAK** (originally a Polish dance)

Formation: Couples face cc, girl on man's right. Join inside hands.

- PART ONE**
- 1 Step on outside foot to side, man on L, girl on R, close inside foot to outside foot
 - 2 Step on outside foot in place. These three steps are done small and bouncy (Polka Step). Hold
 - 3-4 Reverse 1-2
 - 5-8 Repeat 1-4
 - 9 Step fwd on outside foot
 - 10 Step fwd on inside foot
 - 11 Jump on both feet
 - 12 Hop on inside foot
 - 13-16 Repeat 9-12 moving backward

- PART TWO**
- 1-4 Repeat 1-4 of PART ONE
 - 5-16 Partners face each other. Man puts his hands on girl's waist, girl puts hands on man's shoulders. Together they execute 6 polka steps, turning and moving cc. Man starts L, girl R

