

# COUNTRY POLKA

Originated by: Edward O'Neil (modified)

Music: 2/4 or 4/4 Polka

Hold: Kilian

Tempo: 100 Metronome

Pattern: Set

## NOTES:

All steps in this dance are progressive steps with the exception of step 4 and 8 of the corner.

Step 1 – 8 make up the corner sequence of this dance.

Step 3 is a LFO of two beats. It is performed with a soft knee bend which is also emphasised on the second beat to prepare for the following step which is a RFIXB: immediately after the cross behind the free leg is stretched ahead, and the free foot returns to the side of the employed foot on the second beat.

Step 9 – 12 make up the straightaway sequence of this dance.

Step 9 and 12 of the straightaway LFOI, six beats and RFOI, six beats. During the first two beats, the free leg is brought forward. The skating knee is then bent with the free leg extended fully in front and the outer toe wheel touches the surface directly in front of the skating foot. On the third beat, immediately after touching the floor, the free foot begins to travel to the rear. When the free foot arrives beside the skating foot, which should be on the 4<sup>th</sup> beat, the edge is changed from outside to inside. The free leg is then extended fully to the back and the inner toe wheel is touched on the surface directly in line with the skating foot, on the 5<sup>th</sup> beat.

## Attention points:

Steps 4 & 8 must be well crossed.

During the execution of steps 9 & 12, attention must be paid to the change of edge (timing & edge). Attention must be paid to a good change of edge which will ensure a good pattern

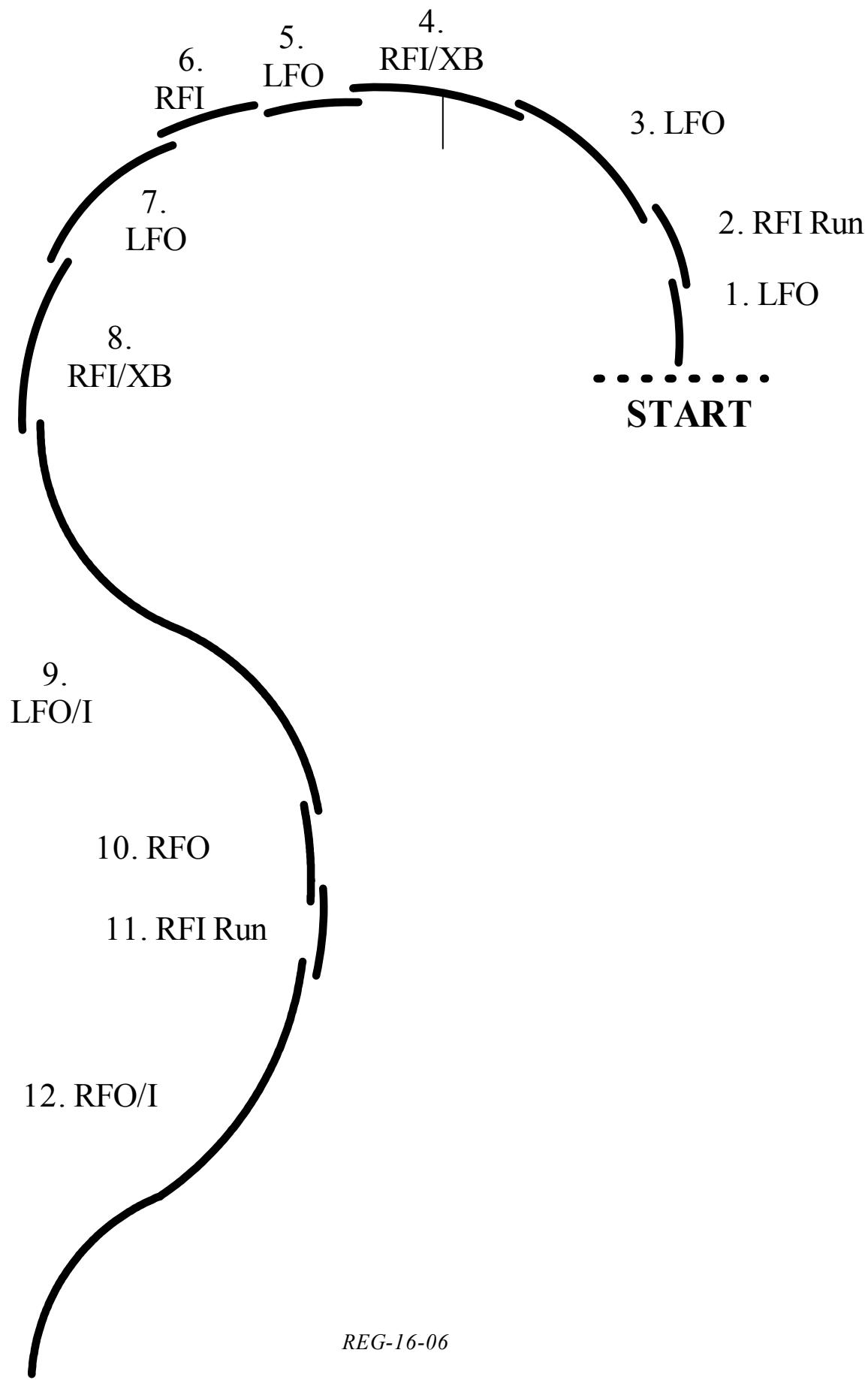
Progressive steps must be really progressive steps.

A clear and correct Kilian position must be held throughout the dance.

Respect the set pattern.

## List of Steps which are the same for both partners

Steps	Beats
1. LFO	1
2. RFI Run	1
3. LFO	2
4. RFI-XB	2
5. LFO	1
6. RFI	1
7. LFO	2
8. RFI-XB	2
9. LFO/I	6
10. RFO	1
11. LFI Run	1
12. RFO/I	6



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