

Princess Polka

Formation: Nariel version: Open position, upper hold. Gent Left foot, Lady Right to start.

Music: 2/4 x 16 bars “So Early in the Morning” or “You Should See Me Dance the Polka”

Bars	Steps
1	Point the outside heel to the ground, then the toe a little to the rear
1	Using polka accented steps, the Lady moves to the Left across and in front of the Man by commencing with her Right foot brought across and in front of her (<i>She has to angle a little to do this</i>) AS The Man at the same time uses much smaller steps as he moves only a little to the Right in comparison to the Lady who more noticeably travels across in front of her partner.
2	The above 2 bars are repeated back to place commencing in a similar manner with the opposite foot.
4	The above 4 bars is then repeated
8	Each couple now perform a forward polka travelling movement along the line of dance.

1. NB: The first section (**8 bars**) does not have any hops.
2. The second section (**8 bars**) is very much a neat springy polka accented travelling step with the “and one, two, three hop” emphasis rather than the smoother evenly stepped Scottish travelling style.
3. If danced correctly the feet will actually tap out the polka rhythm in the second section.