

# Brown Jug Polka

Here's a fun folk dance which many of you will know! Some people call it the Heel and Toe Polka.

*The pattern is played 8 times, while the teacher plays the tune. Clapping and singing the pattern before playing is recommended. When the first pattern is mastered, try the second. Playing for dancers gives early experience in group performance, developing steady tempo, concentration and good listening.*

Pattern 1



Pattern 2



Teacher

Trad Arr D V

