

Polka Steps

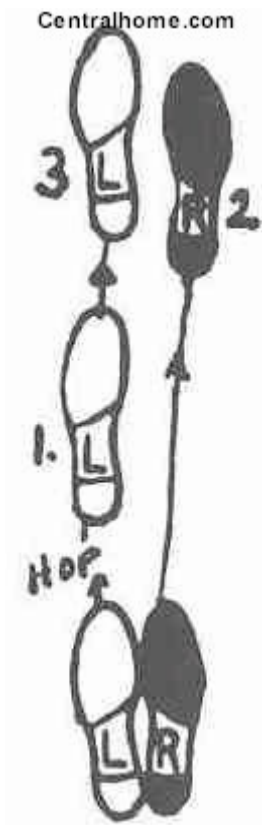
The basic polka step consists of a preparatory hop followed by a chasse done first to the left and then to the right.

The Polka is primarily a fast dance. It is danced to music written in 2/4 time with the first beat more heavily accented. Polka music may also be written in 4/4 time. It is generally danced to a quick, quick, slow rhythm.

- Polka steps:
 - Basic forward
 - Basic back
 - Left turn

Polka Basic forward step

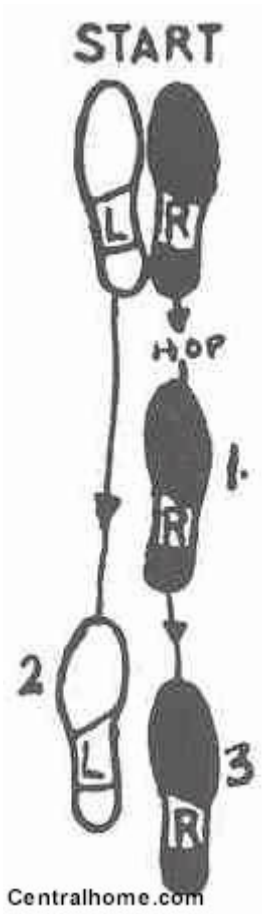
Man's foot position



Start position

Polka Basic back step

Man's foot position



Polka left turn step

Man's foot position

