

Kickin' Polka

(Ireland)

Kickin' Polka comes from Donegal.

Music: Polkas

2/4 meter

Cassette: Cosa Gan Bhroga #111

Formation: Couples, side by side, man's R arm around woman's waist, woman's L hand on man's R shoulder.

Steps: 1-2-3s emphasized, low flat stamps (cts 1,&,2).

Meas

Pattern

INTRODUCTION

Dance can begin with 1-2-3s dancing around, or with the pattern.

PATTERN

- 1 Dancing slightly fwd in LOD (CCW), step 1-2-3 (M-LRL, W-RLR).
- 2 Stamp inside foot (ct 1); kick it fwd while hopping on outside foot (ct 2).
- 3-4 Repeat meas 1-2 turning to face and kicking in RLOD.
- 5-8 Repeat meas 1-2 turning in to face and kicking LOD.
- 9-16 Take a waltz hold, start by stepping 1-2-3 to the side in LOD (CCW), and 1-2-3 back; then six 1-2-3s dancing around CW as a couple, slow and easy.

Variant:

The whole dance can start with stamp, kick, four 1-2-3s, etc.

Presented by Danny and Joan Hathaway