

Polka

This dance has its roots in Eastern Europe from the 1800's. As with our version of 2-Step it has a quick, quick, slow rhythm but is danced to much faster Polka music. The Polka travels around the floor in a counter-clockwise direction with plenty of turning to get you dizzy. Different versions of Polka have a kick, a hop or even a stomp to add character.

The songs are mostly older traditional Polkas such as *The Beer Barrel Polka* and *The Liechtensteiner Polka*.