

SEATTLE POLKA

Music: Lury Elven Polka

Formation: Circle of couples facing CCW LOD, Woman to Man's Right, inside hands joined at shoulder height, "W" hand hold, outside hands free.

Measure:

Walk:

- 1-2 Beginning with Man's L foot and Woman's R, walk in CCW LOD with 3 steps. On 4th count, couple turns to face each other, Man touches R foot, no weight, and Woman touches L.
- 3-4 Still holding same hands, both turn to face CW, and walk 3 steps.
On 4th count Man touches L, Woman touches R, and couple turns to face each other.

Transition:

- 5 Beginning Man L and Woman R, both face CCW and walk 2 steps.
Man's second step is toward partner, beginning to turn CW.

Pivot:

- 6-8 Take shoulder-to-shoulder hold. Turn CW with 6 pivot steps.
End with couple opening up to face CCW, Man on inside of circle.

Repeat from beginning OR in lieu of measures 1-4:

- 9-10 Man and Woman individually turn 360° in LOD.
M turns CCW (L,R,L, touch). W turns CW (R,L,R, touch). Arms down and loose.
- 11-12 Man and Woman individually turn 360° right LOD.
M turns CW (R,L, R, touch). W turns CCW (L,R, L touch). Clap own hands twice.