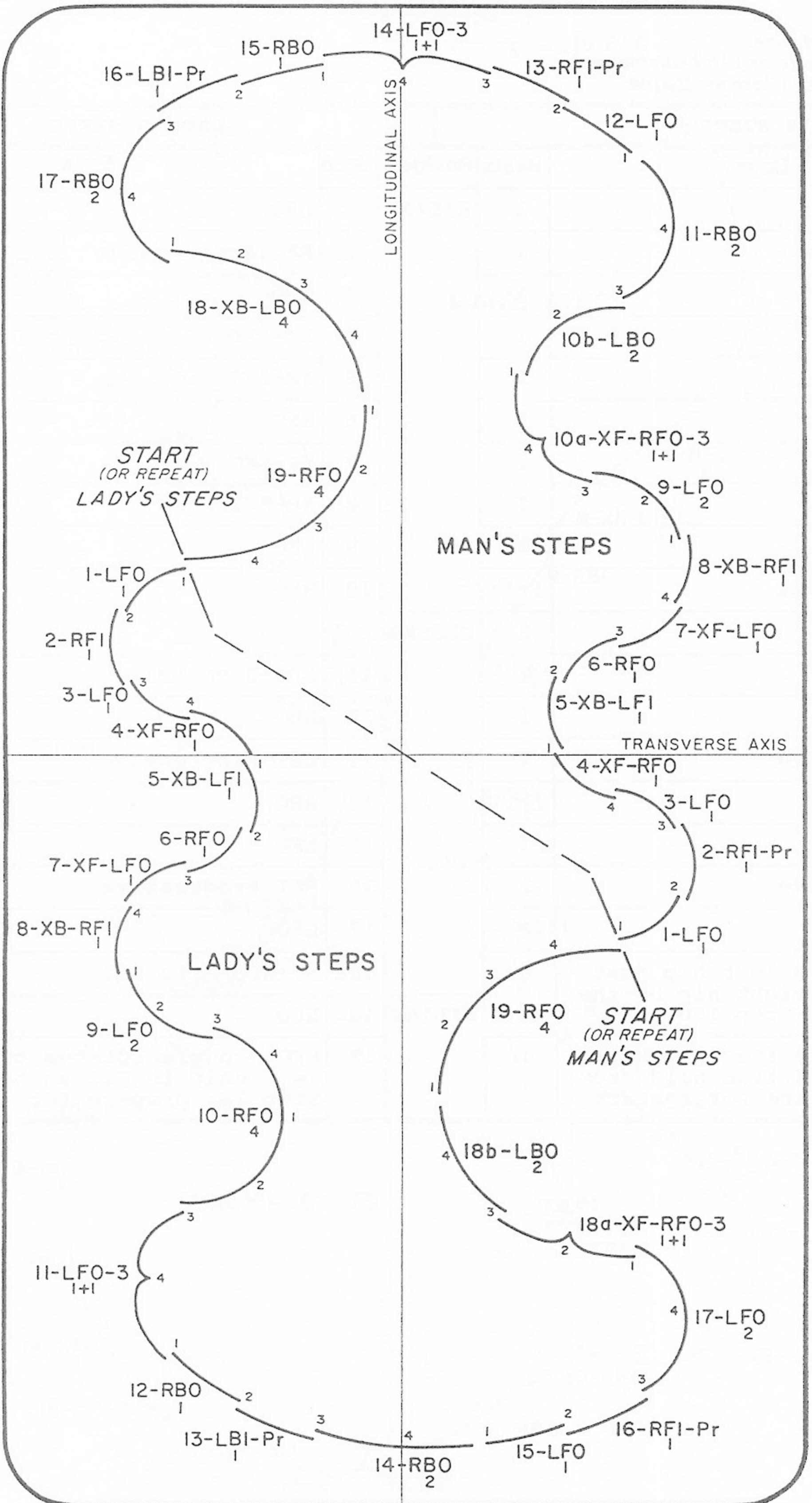


# Polka Promenade

Set Pattern Dance





# POLKA PROMENADE

## Set Pattern Dance

**MUSIC:** Polka or 4/4 time

**TEMPO:** 29 bars/minute or 116 beats/minute

**ORIGINATED BY:** Clarence Hislop

MAN'S STEPS				LADY'S STEPS			
Step	Edge	Beats	Position	Step	Edge	Beats	
1	LFO	1	KILIAN	1	LFO	1	
2	RFI Progressive	1		2	RFI Progressive	1	
3	LFO	1		3	LFO	1	
4	XF-RFO	1		4	XF-RFO	1	
5	XB-LFI	1		5	XB-LFI	1	
6	RFO	1		6	RFO	1	
7	XF-LFO	1		7	XF-LFO	1	
8	XB-RFI	1		8	XB-RFI	1	
9	LFO	2		9	LFO	2	
10a	XF-RFO-3 to RBI	1+1		CLOSED	10	RFO	4
10b	LBO	2	11		LFO-3 to LBI	1+1	
11	RBO	2	12		RBO	1	
12	LFO	1	13		LBI Progressive	1	
13	RFI Progressive	1	14		RBO	2	
14	LFO-3 to LBI	1+1	15		LFO	1	
15	RBO	1	16		RFI Progressive	1	
16	LBI Progressive	1	17		LFO	2	
17	RBO	2	18a		XF-RFO-3 to RBI	1+1	
18	XB-LBO: lady's left hip just behind man's right hip by the end of lady's Step 18b	4	KILIAN		18b	LBO	2
19	RFO: couple rotates clockwise as a unit in Kilian hold from Step 18: prepare for restart	4		19	RFO: couple rotates clockwise as a unit in Kilian hold from Step 18: prepare for restart	4	