

CARR LODGE POLKA

WAVERS OUTSIDE FOOT

Dance on as Step up for 16 steps, No-one Stops

CROSS OVERS

32 Polkas

1 – 4 Squires side polkas across to arrive in front of partner on step 4, while evens single step for 8 steps on the spot, arms straight above head in front flicking on each step.

5 – 8 Evens dance around partner starting inside the set first for 4 polkas . While odds single step on the spot for 8 steps arms straight above head flicking on each step.

9 – 12 Squires side polka back to place while, evens single step on the spot for 8 steps.

13b – 16 All polka in a square on the spot for 4 steps (1 up, 1 out, one down, 1 in)

17 – 32 Repeat Evens polka across the set, Squires side on the spot.

STEP UP

16 Steps

Star with arms by side, single stepping for 4 steps forward, arms cross on 1, cross shoulder height on 2, flick out and arms straight up and out, bring down on 4. Then 4 steps back, do the same with arms. Repeat

OXO

16 Polkas

arms in star other by ears horizontal

1 – 4	1,2,3 right hand star	4 and 5 cross right shoulders	6,7,8 left hand star
5 – 8	1,2,5 left hand star	3 and 6 cross left shoulders	4,7,8 right hand star
9 – 12	1,2,6 right hand star	4 and 5 cross right shoulders	3,7,8 left hand star
13 – 16	1,2,4 left hand star	6 and 3 cross left shoulders	5,7,8 right hand star

STEP UP

CAST (through from the back) 24 Polkas

1 – 4 Dancers 7 and 8 cast up the middle in between 1 and 2 on 4 polkas. While everyone else stepping on the spot for 8 steps arms straight above head flicking on each step.

5 -8 3,4,5 and 6, single step 4 on the spot then 4 backwards. While 1,7 and 2,8 polka round for 4 steps shoulder to should and wavers on shoulders, behind into 3 and 4's old place.

9 – 12 Repeat with dancers 5 and 6 casting up the middle in-between 1 and 2.

13 – 16 Repeat with dancers 3 and 4 casting up the middle in-between 1 and 2.

STEP UP

INSIDE CAST X2

32 Polkas

wavers by ears horizontal

1 – 8 Cast in, in a line number 1 first followed by 2,3,4,5,6,7,8 polka (in on each step) to the bottom of the set.

9 – 16 Cast out to opposite side, and to set formation, 1 first etc, to opposite side. Everyone ends up on the wrong side.

17 – 24 Cast in again number squires side in front first, to the bottom of the set.

25 – 32 Cast out to original side and back to place number 2 first.

DANCE OFF

wavers by ears horizontal

1 – 4 3 and 4, 7 and 8 cross squires side first in 4 rants, everyone else 4 rants on the spot

5 – 8 1 and 2, 5 and 6 cross squires side first in 4 rants everyone else 4 rants on the spot

9 – 12 1 and 2 peel off 4 and 3, 7 and 8 cross squires side first

Carry on until off 7 and 8 last to go off