

Fiona's Polka - by N Johnson (1966)

Bar		Count
Time 4/4 Polka. 44-46bpm. Commence both facing LOD in Right Shadow Hold, man behind lady and to her left, LH to LH, RH on lady's hip, lady's RH holds dress. Man and lady dance the same steps until the end of bar 8.		
HEEL, TOE MOVEMENT - LOCK STEP AND SWIVEL - HEEL, TOE MOVEMENT - LOCK		
1	Tap L heel to floor, towards DC	Q
	Bend the knee and tap L toe to floor	Q
	Tap L heel to floor	Q
	Bend the knee and tap L toe to floor	Q
2	LF fwd DC	Q
	Cross RF behind LF, Lock Step	Q
	LF fwd DC, swivel to R at end of step to face DW, brush RF to LF ww whilst swivelling	S
3	Tap R heel to floor, towards DW	Q
	Bend the knee and tap R toe to floor	Q
	Tap R heel to floor	Q
	Bend the knee and tap R toe to floor	Q
4	RF fwd DW	Q
	Cross LF behind RF, Lock Step	Q
	RF fwd DW, no turn	S
WALK, SWIVEL AND POINT - LOCK AND SWIVEL - POINT - LOCK, SWIVEL AND CLOSE		
5	LF fwd DW, swivel to L on ball of LF to face DC	S
	Point RF to side ww	S
6	RF fwd DC	Q
	Cross LF behind RF, Lock Step	Q
	RF fwd DC, swivel to R to face DW	S
7	Point LF to side ww	S
	LF fwd DW	Q
	Cross RF behind LF	Q
8	LF fwd DW, swivel to L to face LOD	S
	Close RF to LF releasing hold (<i>Lady close RF to LF ww</i>)	S
CHASSÉ AWAY FROM PARTNER - CHASSÉ TOWARDS PARTNER - WALK AND POINT - WALK AND POINT		
9	Taking hold, man's RH to lady's LH, LF to side to centre moving away from partner (<i>Lady RF to side to wall moving away from partner</i>)	Q
	Move RF towards LF, L leg slightly flexed (<i>Lady move LF to RF, R leg slightly flexed</i>)	Q
	LF to side to centre, short step, Topsy Chassé Action, moving away from partner (<i>Lady RF to side to wall, short step, Topsy Chassé Action, moving away from partner</i>)	S

10	RF to side towards wall, slight turn to R, moving towards partner (<i>Lady LF to side towards centre, slight turn to L, moving towards partner</i>)	Q
	Move LF towards RF, R leg slightly flexed (<i>Lady move RF to LF, L leg slightly flexed</i>)	Q
	RF to side to wall moving towards partner, taking Double Hold in PP (<i>Lady LF to side, short step, to centre moving towards partner, taking Double Hold in PP</i>)	S
11	LF fwd down LOD in PP Double Hold (<i>Lady RF fwd down LOD in PP Double Hold</i>)	S
	Point RF fwd down LOD ww, fwd hands slightly raised, rear hands slightly lowered (<i>Lady point LF fwd down LOD ww</i>)	S
12	RF fwd down LOD, taking Ballroom Hold in PP (<i>Lady LF fwd down LOD in PP</i>)	S
	Point LF fwd down LOD ww, fwd hands slightly lowered, rear hands slightly raised (<i>Lady point RF fwd down LOD ww</i>)	S
ROTARY CHASSÉ - CHASSÉ AWAY FROM PARTNER - CHASSÉ TOWARDS PARTNER		
13	Turning to R to chassé DW and turning partner square, LF to side to wall (<i>Lady turning to R to chassé DW and turning square to partner, RF to side DW</i>)	Q
	Close RF to LF, cont to turn to R, backing LOD (<i>Lady close LF to RF, cont to turn to R</i>)	Q
	LF back down LOD, cont to turn to R (<i>Lady RF down LOD, cont to turn to R</i>)	S
14	RF to side along LOD, facing LOD, cont to turn to R (<i>Lady LF to side towards wall</i>)	Q
	Close LF to RF, almost facing DW (<i>Lady close RF to LF, almost backing DW</i>)	Q
	RF fwd completing one full turn to R on last six steps (<i>Lady LF back down LOD, cont to turn to R to face DC</i>)	S
15	Releasing hold, with slight body turn to L to face LOD, LF to side to centre, short step, knee slightly flexed, moving away from partner (<i>Lady RF to side to wall moving away from partner</i>)	Q
	Taking hold, man's RH to lady's LH, move RF towards LF (<i>Lady move LF towards RF</i>)	Q
	LF to side towards DC, Open Chassé, moving away from partner (<i>Lady RF to side to wall, moving away from partner</i>)	S
16	RF to side towards DW, knee slightly flexed, moving towards partner (<i>Lady LF to side to centre, moving towards partner</i>)	Q
	Move LF towards RF, Open Chassé, releasing hold (<i>Lady move RF to LF, facing LOD, hold released</i>)	Q
	RF to side to wall moving towards and behind partner to take Right Shadow Hold, (<i>Lady LF to side to centre moving towards and in front of partner to take Right Shadow Hold</i>)	Q
	Brush LF to RF ww, end in commencing position (<i>Lady close RF to LF with weight change, end in commencing position</i>)	Q