

THE HEEL AND TOE POLKA

This is an ideal first dance of the night – it's simple and you get to dance with everyone else.

FORMATION

Couples embrace in a waltz hold* and form a circle, couple behind couple, facing anti-clockwise, men on the inside.

THE STEPS

Bars

- 1 Hop on your inside leg. At the same time, the outside leg is shot forward, outstretched, to land on the heel.
Hop again, and the extended leg springs back to rest on the toe so that both feet are back together again. Repeat this movement, counting 'heel and toe, heel and toe'. Stay in the waltz hold, face each other and side skip four steps forward. 4



- 2 Turn about, take the waltz hold again, hopping on your 'new' inside leg, it's 'heel and toe, heel and toe, skip two, three, four' – back around the circle. 4
- 3 Release your partner and face one another. Raise your right hand and clap it together with your partner's right hand, three times. Then three claps with your left hands, three with both hands, three on your own knees. 4
- 4 Change partners. Link right arms with your partner at the elbow and begin a right hand turn. When you are halfway through the turn women let go of their original partners and link left arms with the man in front. Make another half turn with your new partner, face to the front and begin again. (Women progress in an anti-clockwise direction around the circle.) 4

Note: The ideal size is about fifteen couples. It can be done by single couples though. They simply make step 4 a single turn* on the right and left.

INTRODUCTION

Musical notation for the introduction of 'Brown Jug Polka'. It consists of a single staff in treble clef, key of D major (two sharps), and 2/4 time signature. The melody starts with a quarter rest, followed by a quarter note D, an eighth note G, and an eighth note F#. The next measure has a quarter note D, an eighth note G, and an eighth note F#. The third measure has a quarter note D, an eighth note G, and an eighth note F#. The fourth measure has a quarter note D, an eighth note G, and an eighth note F#. Above the staff, the chords D, A, and D are indicated above the first, second, and third measures respectively.

TUNE A BROWN JUG POLKA

Musical notation for Tune A: 'Brown Jug Polka'. It consists of four staves in treble clef, key of D major (two sharps), and 2/4 time signature. The melody is repeated across four staves. Above the staff, the chords D, G, A, and D are indicated above the first, second, third, and fourth measures respectively. The first staff ends with a double bar line and repeat dots. The second staff ends with a double bar line and repeat dots. The third staff starts with a repeat sign and ends with a double bar line and repeat dots. The fourth staff starts with a repeat sign and ends with a double bar line and repeat dots.

TUNE B DAVVY KNICK KNACK

Musical notation for Tune B: 'Davvy Knick Knack'. It consists of four staves in treble clef, key of D major (two sharps), and 2/4 time signature. The melody is repeated across four staves. Above the staff, the chords G, D7, and G are indicated above the first, second, and third measures respectively. The first staff ends with a double bar line and repeat dots. The second staff ends with a double bar line and repeat dots. The third staff starts with a repeat sign and ends with a double bar line and repeat dots. The fourth staff starts with a repeat sign and ends with a double bar line and repeat dots.