

NTA School Figure I-C Study Guide

Polka

1. Basic

Progressive Forward
Progressive Backward

2. Underarm Turns (for Lady)

Right Turn (outside)
Left Turn (inside)

3. Promenade

Basic and back to Closed

4. Wrap

Basic (inside turn to wrap)
Back to Closed Position (outside turn to closed)

5. Open Promenade Patterns Left and Right

1. UAT (right) to backing LOD
2. Backing LOD in Reverse Left Open Promenade
3. Forward LOD in Right Open Promenade
4. Backing LOD in Reverse Left Open Promenade
5. Forward LOD in Right Open Promenade w/UAT (right) back to closed position

Other movements/definitions needed:

Basic Ankle Movements

Leads (Visual, physical, body)

Lilt

Triple Steps

2 Ways to count Polka

& Counts in Polka