

Carlos Tango

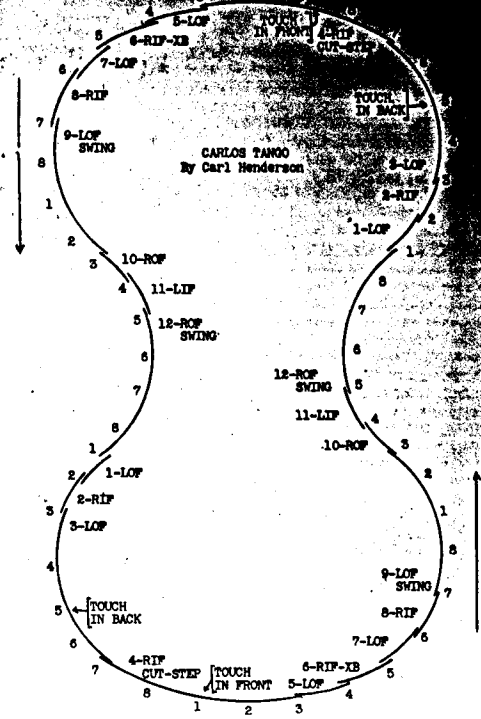
by Carl Henderson

Music: Tango 4/4 Time: Tempo: 100 Metronome
Hold: Man on left side of lady, left arms extended to the left at or below shoulder height, left hands joined. Man's right arm extended around lady's back, right hands joined at right side of lady's waist.

Opening Steps: The start is made in Dance Position as indicated under HOLD. There are four opening steps: a LOF 2 beat edge aimed to the barrier, followed with a ROF 2 beat edge aimed to the center, followed with the third and fourth steps, repeats of one and two.

Step	Edge	Beats	The Dance
1	LOF	1	All the steps in this dance are progressive steps except Step No. 4 and No. 6 of the corner.
2	RIF	1	
3	LOF	4	Right free leg moves to the back, (full reach) touch right inner toe roller on the surface directly in back of left on the 3rd beat, count 5 of the music.
4	RIF-CUT-STEP	4	Right foot is placed on the surface along side of left foot on the 1st beat, count 7 of the music, the resulting left free foot moves to the extended forward position (full reach). Touch left outer toe roller on the surface directly in front of right on the 3rd beat, count 1 of the music.
5	LOF	1	
6	RIF-XB	1	
7	LOF	1	
8	RIF	1	
9	LOF-SWING	4	As left strokes the surface, right leg moves to the extended back position, (toe pointed down and out) and immediately begins its swing from back to the extended forward position, then drops alongside of left engaged foot in preparation for the next sequence of steps.
10	ROF	1	
11	LIF	1	
12	ROF-SWING	4	Executed in the same manner as step No. 9, but in this case on opposite feet, aiming to the center.

NOTE: The touch of the toe wheels is effected by a soft bend of the engaged knee, free leg extended (full reach) to its normal length, toe pointed down and out.



Country Polka

By EDWARD R. O'NEIL

Music: Polka

Metronome 92

Hold and Opening Steps: Same as for The Twelve Step

Step	Edge	Beats	Count	The Dance
1	LOF	1	1	NOTE: All the steps in this Dance are Progressive Steps for the exception of Steps No. 4 and 8 of the corner.
2	RIF	1	2	
3	LOF	2	3-4	It is basic to cushion all strokes by executing a soft knee bend. This knee bend is further emphasized on the 2nd Beat (Count 4) in preparation for the next edge.
4	RIF-XB	2	5-6	Immediately after stroking, rise by straightening of the engaged knee, left free foot extended in front. Free foot returns to alongside of right foot during the 2nd Beat (Count 6). Steps No. 5, 6, 7 and 8, are executed in the same manner as preceding steps No. 1, 2, 3 and 4.
9	LOF	1	1	
10	RIF	1	2	
11	LOF	2	3-4	Right free foot is brought forward in preparation for the forward point.
	LOF	1	5	Right free leg extended (full reach) in front. Touch outer toe roller on the surface directly in front of left skate on the 3rd Beat (Count 5), then right free foot begins its travel to rear.
	LIF	1	6	As the right free foot arrives beside the left foot, which should be on the 4th Beat (Count 6), change from an outside to an inside edge.
	LIF	1	7	Right free leg extended (full reach) in back. Touch inner toe roller on the surface directly in back of left skate on the 5th Beat (Count 7).
	LIF	1	8	Right free foot is brought alongside of left foot in preparation for alternate sequence of steps. Steps No. 12, 13 and 14, are executed in the same manner to steps No. 9, 10 and 11, but in this case on opposite feet.

