

PAUL'S DANCE STEPS

ZORBA (trad Greek circle dance)

Starting position, all in a circle, holding hands. Circle will dance counter clockwise.

6 steps, starting with the left foot,

1 left behind right

2 right steps across to balance.

3 kick left across body

4 left step back to place

5 kick right across body

6 right step back to place

Call—**Behind, Step, Kick, Step, Kick, Step**

Starting slowly, as music speeds, dancers bounce on their heels, taking smaller steps.

HEEL & TOE POLKA (trad European folk)

Form two equal number circles, inside and outside.

Traditionally boys on the inside girls on the outside.

Circles face each and then partner.

Holding hands they prepare to dance counter clockwise.

Inside—left heel out to the side, outside right heel out.

1. **Heel and Toe, Heel and Toe,**

Slide, slide, slide, slide. (side step, sasche)

Change direction—now clockwise.

Heel and Toe, Heel and Toe, slide, slide, slide, slide.

2. Drop hands, partners face, prepare for hand slap.

Right, right, right, Left, left, left, Both, both, both, Lap, lap, lap

3. Prepare to swing partner using right arm locking.

Turn your partner round you go, move to your new partner.

Outside dancers half turn with partner, break and swing back to outside and move slightly to the right, counterclockwise, now facing a new partner.

Inside partners act as their turning post, staying in same position.

KANGAROO HOP (trad Irish/Aboriginal folk mix)

Partner dancers and form one big circle and each next to their partner.

1. Holding hands. 4 small steps in. and then out. **In 2 ,3 ,4, Out 2,3,4**

2. Partners now face holding both hands, partners step turn (either way) to the count of 8.

Turn your partners round you go 5,6,7,8.

3. Now we change into animals.

Kangaroos (bend knees, form paws) **saml hop, 2, 3 ,4, 5.. to 8 or 16 beats for K-1**

Repeat but with,

Emu (high steps, hand becomes beak a hold above head),

Koala (spread fingers for claws, climbing gum tree, reach for the stars),

Kookaburra (fly low and rise stepping forward, Koo Koo Koo, Ka Ka Ka,

Tasmanian Devil (spin twice, eating food)

or whatever animal you decide to form a movement to.

Finish with the **Kangaroo Hop.**