

TEN STEP (aka. Ten Step Shuffle or Cowboy Polka *)**

Level: Beginner
Counts: 18
Choreographer: Unknown (Traditional)
Dance Type: Travelling LOD (CCW Circle)
Music Suggestions: Kentucky Headhunters - Rock 'N' Roll Angel (124 BPM)
Tanya Tucker - My Arms Stay Open All Night (125 BPM)
Chris LeDoux - Whatcha Gonna Do with a Cowboy (127 BPM)
Brooks & Dunn - Brand New Man (127 BPM)
Pam Tillis - Don't Tell Me What To Do (132 BPM)
Clint Black - Tuckered Out (132 BPM)
Highway 101 - Honky Tonk Heart (141 BPM)
Corresponding Line Dance: None
Starting Position: Right Side-By-Side facing LOD
Footwork: The same for both man and woman

Heel & Toe Touches

1-2 Touch Left heel forward; Step Left foot together
3-4 Touch Right toe back; Touch Right foot together

Right Heel Hook Combination

5-6 Touch Right heel forward; Hook Right heel to left leg
7-8 Touch Right heel forward; Step Right foot together

Left Heel Hook

9-10 Touch Left heel forward; Hook Left heel to Right leg

Forward Polka Steps*

11&12 Polka forward Left, Right, Left**
13&14 Polka forward Right, Left, Right**
15&16 Polka forward Left, Right, Left**
17&18 Polka forward Right, Left, Right**

Start Over

NOTES:

LOCAL VARIATIONS:

* In some places, the dance is done with EIGHT polka steps at the end. This will have to be determined in advance when dancing in a new place. However, four is the most usual.

VARIATION SUGGESTIONS:

** The four (alt. eight) polka steps at the end can of course be replaced by any simple polka combination. One suggestion is that the man leads the lady into to full shuffle turns on counts 13&14 and 15&16.

ADDITIONAL NAMES FOR SAME DANCE:

*** Texas Ten Step, Ten Step Polka, Toe Heel Polka, San Antonio Polka