

Ten Step

Choreograph: Unbekannt

Count's: 18 count, mixer dance, Beginner

Musikrichtung: Polka

Music/Interpret:

Flying Heels



Position: Start in Cape (Sweetheart's) Position, facing line of dance moving (counter clock-wise), man to left of lady, left hand at chest level, lady's left hand in his left, man's right arm extended over lady's shoulders, right hand touching her right hand. As a single dance. Position, facing line of dance moving (counter clock-wise)

LEFT FOOT WORK

- 1 Left heel (touches floor forward)
- 2 Bring left foot back in place
- 3 Right toe (touches floor backward) (variation is stomp on count 3)
- 4 Bring right foot back in place (variation is stomp on count 4)
- 5 Right heel (touches floor forward)
- 6 Bring right foot up across left knee (right heel hook)
- 7 Place right heel forward, touch floor
- 8 Put feet together

MORE LEFT FOOT WORK

- 9 Left heel (touches floor forward)
- 10 Bring left foot up across right knee, (left heel hook)

SHUFFLE

- 1&2 Shuffle left
- 3&4 Shuffle right
- 5&6 Shuffle left
- 7&8 Shuffle right

Mixer - 10 Step Mixer (Burlington, Vermont Style)

When this dance is done as a mixer 6 shuffle steps are used at the end rather than 4. The women crosses in front of her partner on the FIRST shuffle beat and takes 4 shuffles to cross to the man dancing behind her. They then have 2 shuffles to get in sync.

THE CROSS GOES LIKE THIS:

- 1-6 **MEN** Shuffle forward left, right, left, right, left, right (a total of 6 shuffle step)
- 1 **Woman:** 1 Use first shuffle to step to front and left side of partner,
- 2 Second shuffle turn back towards outside of dance floor,
- 3 Third shuffle go back to man behind you,
- 4 Fourth shuffle turn to sweetheart position with new partner,
- 5&6 Then you have two shuffles to do together.

Remember: In the mixer, the women travels and does SIX shuffle steps at the end instead of four to make the partner change. The women must leave their partner at the first shuffle step, it takes them four (counting the first one) to get around to their next partner, then two for them to do together before the Left heel tap in front.