

## Grain's Bar

- *Left foot start*
- *Step-step-step hop polka polka, alternating L & R foot start (SSSHPP), or polka*
- *Sticks on shoulders / waving vertically overhead on polkas*
- *Swagger walk*

**Step up** - SSSHPP - Start set staggered: back 4 shoulder to shoulder, front 4 wide

- Front 4: Backward twice, turn and move in on polkas / turn up and repeat forwards
- Back 4: Forward twice, turn and move out on polkas / turn up and repeat backwards

**Turn about (AKA Clusters)** - SSSHPP x3, Polka on 4<sup>th</sup> phrase

- 4 diagonally into cluster in middle
- R shoulder in, halfway round clockwise, face in
- Reverse out diagonally to set position (small steps), face up or down
- ALL POLKA, keep sticks raised: pass by R with partner up or down
- Repeat (start L foot again)

**Diagonals** - SSSHPP

- Change places alternately diagonally, and two spaces up or down
- Pass by R, L, R, L
- Turn to new direction on polkas

**Double Hey** - Polka

- First and third couples turn in and down / Second and fourth out and up
- Two steps per 'move'
- At top turn in, at bottom turn out
- Sticks on shoulders / sticks waving on 2 polka turn at top and bottom

**Fours and Change** - Polka

- Star-R halfway round
- Star-L halfway round
- Ends pass R / middles star-R halfway round
- Face up or down, pass partner by L, sticks waving overhead
- Repeat, end with set inverted, wait for music

Straight into:

**Cascade** - SSSHPP

- Top couple on spot SSSH / turn OUT on polka-polka
- Top couple move in line with second couple
- Second couple join in on polka-polka turning IN
- Continue until all in straight line then turn to face C, straight into:

**Dance off** - Polka

- One step to R / one step back to C (small steps!)
- One step to L / one step back to C
- Moving forward in a weave, one space each time
- Keep moving, first in line meet shoulder to shoulder to dance off