

ASTON POLKA CONTRA

by John Findlay

**Formation:** Contra lines, 1, 3, 5, etc., couples active and crossed over.

**Music:** Shaw 187

**Counts: Actions and explanations:**

- 1-8 HEEL, TOE, OUT; HEEL, TOE, IN — Actives face the couple below (down the set), as the inactives face them (up the set), join both hands, start with foot on the outside of the set, move away from center with a "heel and toe, and step, close, step," then with the other foot move toward the center with the same action.
- 9-16 HEEL, TOE, OUT; HEEL, TOE, LADIES IN — Dance away from the center as above, then repeat only the last "heel and toe," drop hands and as the men take three steps in place the ladies dance alone toward the center with a "step, close, step," all continuing to face as they did at the start in four separate lines, two lines of ladies (facing opposite directions) in the center, two lines of men on the outside of the set (facing opposite directions), actives facing down the set, inactives facing up the set.
- 17-24 ALL MARCH AND TURN ALONE — All march in the direction they are facing six short steps, turning to face the opposite direction with a "step, close, step" on the 7th and 8th counts.
- 25-32 COME BACK TO HER AND ALLEMANDE LEFT — Dancers return in four normal steps to the person with whom they did the "heel and toe," and using four more steps, do an allemande left with a Pigeon Wing handhold.
- 33-40 LADIES CHAIN ACROSS THE SET — The ladies chain across to the other man.
- 41-48 CHAIN BACK — Ladies chain back to original lines. *Progression* has been made, actives have moved down one place, inactives up one place, all in original lines.
- 49-56 SAME FOUR LEFT HAND STAR — Star left exactly once around.
- 57-64 RIGHT HAND STAR BACK TO YOUR LINES — Star right exactly once around to end in original long lines but facing a *new* person below, actives facing down, inactives facing up, to start.

**To prompt this dance:**

- Intro - - - - , All get set for the heel and toe
- 1-8 (Heel, toe, out, - , heel, toe, in, -) (Cadence calls, not prompts)
- 9-16 (Heel, toe, out, ) - , ladies in, all march (Cadence calls. Last four counts prompts)
- 17-24 - - - - , Turn cha cha come back to her
- 25-32 - - Allemande left, - - Ladies chain
- 33-40 - - - - , - - Chain Back
- 41-48 - - - - , Same four left hand star
- 49-56 - - - - , Right hand star come back to your lines\*

\*Caller indicates CROSS OVER every second and alternate sequence through the dance.

*As the dancers learn the figure, less prompting is necessary. For example:*

- 57-64 - - - - , All get set for the heel and toe
- 1-8 - - - - , - - - Again
- 9-16 - - - - ; Ladies in all march
- 17-24 - - - - , - Turn - come back
- 25-32 - - - Allemande, - - - chain
- 33-40 - - - - , - - - Back
- 41-48 → - - - - , - - Left star
- 49-56 - - - - , - - - Right