

POLKA DOT

This dance is known by two names and done in two slightly different ways: When danced as *individuals*, most people use the name of POLKA DOT. Danced in couples, or with more than one dancer in some of the positions it is also known as *Shepherd's Crossing*.

Music: "October Rose," composed by Ruth McLain Smith, played by the McLain Family Band and used with their permission, **Track 3, LS CD-1003**, instrumental; **Track 4, LS CD-1003**, prompted by Don Armstrong.

Formation:

FIVE INDIVIDUALS in a square (or diamond) with the extra (#5) person in the center, facing position #1.

16 Dancers #5, #1 and #3 do a right-shoulder hey for three, ending with #5 facing #2

16 Dancers #5, #2 and #4 do a left-shoulder hey for three, ending with #5 facing #1, right hands joined

8 Dancers #5 and #1 balance, then turn right HALF way, #5 remains in the #1 position, facing in, and #1 moves to join right hands with #2

8 Dancers #1 and #2 balance, then turn right HALF way, #1 remains in the #2 position, facing in, and #2 moves to join right hands with #3

8 Dancers #2 and #3 balance, then turn right HALF way, #2 remains in the #3 position, facing in, and #3 moves to join right hands with #4

8 Dancers #3 and #4 balance, then turn right HALF way, #3 remains in the #4 position, facing in, and #4 moves into the center to face the NEW person now in the #1 position. *All dancers now have a new number*, and the dance starts again.

Dance FIVE times through.

If danced as couples (Shepherd's Crossing) or with more than one person in some or all of the positions, the Heys are danced as though one person were in each position. In the last half of the dance (the balances and turns) each 8 count action may be started (if desired) with hands joined in a circle with a 4 count balance left and right and followed by a circle LEFT, half way around, progressing as above.

