

Latheronwheel Polka / Leideren wheel Polka (Shetland)

Couple Dance done round the room – Polka time.

Often *A' Man's A' Man for A' That* is used as the tune.

Couples, facing each other on the circle, with the man facing counter-clockwise. Men travel forward and women backward.

Bars

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| 1 | 1 Polka step (step-close-step), man starting with LF and woman with RF, simultaneously shaking right hands (or man pushing woman raised flat R hand down sideways). |
| 2 | Repeat with the other foot and hand. |
| 3–8 | Repeat bars 1–2 three more times. |
| 9–12 | Joining right hand in right, woman turns to her right under raised arms twice using 4 Polka steps, while man advances for 4 Polka steps. |
| 13–16 | Take Waltz hold and Polka or waltz round for 4 steps, |
| | Repeated. |