A mixer dance, dance mixer or simply mixer is a kind of participation dance in a social dance setting that involves changing partners as an integral part. Mixing can be built into the dance choreography or can be structured to occur more randomly.

**Music:** *Let The Good Times Roll* by Rockin’ Dopsie, Jr. and The Zydeco Twisters

**Step #1.** Polka Right (back), Polka left back, Counts (1 & 2, 3 & 4) – (5 & 6, 7 & 8) Repeat

**Step #2.** Step right, together left, step right foot, then touch left foot. Step left foot, together right, step left, then touch right foot. Once count of 8.

**Step #3.** Couple Clap: Slap your thighs on counts 1, 2. Two claps on 3,4. Cross clap to your partner right hand count 5 clap your hand 6. Cross clap to partner on left hand count 7, clap your hand 8.

**Step #4.** New partner slide step – step right, together left, step right, together left. Counts (1, 2, 3, 4), Slap thighs two times Counts (5, 6), Two high five claps, Counts (7,8)

- Start from beginning. Dance repeats itself, changing partners constantly.

**Brief History of Polka Step & Mixers**

The polka originated in Bohemia, which is now part of the Czech Republic. It quickly spread all over Europe to countries such as Germany, Poland, & France in the early 1830’s. It was a peasant dance that was considered more energetic than the dances that preceded it, such as the waltz & minuet.

The polka migrated to the United States along with many European immigrants in the mid 1800’s. Many styles became popular during the migration of immigrants. (Polish, German, Czech-Bohemian, Slovenian, Norwegian, Finish, and Spanish). These groups migrated and mixed all across the United States. Eventually, Chicago and Cleveland became known as American polka capitals.

European immigrants traveled to South America and brought their various styles of polka to the various cultures and traditions of South America. Through this migration, mixture of cultures, new distinctive dance styles emerge.