



BEL OLYMPIA

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Dance of Goumenissa ,Macedonia

Time signature : 2/4 counted 1 2 (s s)

also known as : Bela Olympia. Limpio Limpio

Hands down

moving to right

1	step	R
2	step	L

1-2	triplet	R-L-R L in front of R
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1-2	triplet	L-R-L
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1	step	R
2	step	L

*Swing arms back
feet
two*

1	step	R
2	lift	L

*in place swing arms back
feet
two*

1	step	L
2	lift	R

arms low

1	step	R
2	lift	L

moving backwards, to the left, facing right

1	step	L
2	step	R

1	step	L
2	lift	R