Line dance, facing in twd Ctr, hands joined down. Best done in short lines. R footed dance.

```
PART I
 1
     R
 2
            step close step to side, around Cow.
     L
3<sub>4</sub> 56 78 910
     R
     hold
            stamp in place, rotating body to face diag Ccw-Ctr.
     (L)
           hop in place, rotating back to face in twd Ctr, and lift L knee fwd.
     R(L)
     L
            close
     hold
     R
           step close step to side, around Cow, facing in twd Ctr.
     L
 11 R
12
    hold
 13
     В
          Debka
 14
     R
 15
     L
           close
16 hold
17-32:
         repeat.
                                           PART II
    R
           run
2
     L
                 fwd, twd Ctr, facing in twd Ctr.
           run
345678
    R
           run
    R
           hop
    L
           run
                 around Cow, facing in twd Ctr, crossing L over R.
    R
           run
    L
           run
    L
           hop
9
    R
          run
10
    L
                 back, out from Ctr, facing in twd Ctr.
          run
11 R
          run
12 R
          hop-
        repeat pattern of running to Ctr, Ccw, and out from Ctr on opposite ft.
13-24:
25-48:
        repeat.
```