

OMAL

(Pontos Greeks living on Black Sea in Turkey)

RECORD: Folklorist LP-1

FORMATION: Line or circle dance; high "W" hold.

METER: 9/8

PATTERN

Measure

- 1 Facing center, step on R ft in place, raising R heel.
Step on L ft in place, raising R heel.
Step on R ft in place, raising L heel.
- 2 Same as Measure 1, only reversing footwork.
- 3 Turning to face slightly R, step sideward R on R foot.
A slight hop on R ft.
Cross and step on L ft in front of R foot.
Turning to face center, stamp on R ft next to L ft.