Jmate Li Vino-yugo/Macedonia

A K 209 (LP; A,4) 7/8 $\underline{1}$, 2, 3 or \underline{S} , Q, Q Lines, NP, hands joined, "W" Pos.

INTRO - 8 meas. Each part starts with R foot.

I. Moving in LOD, step R (1), smoothly lift L beside R leg (2,3); step S,Q,Q in LOD.

Face cntr; step R, raising L in front (1); flex R knee 2X (2,3); step L, raising R in front (1); flex L knee 2X (2,3).

REPEAT Parts I & II.

III. Facing cntr, step side R (1), L XIB (2), side R (3).
Bend knees, step L XIF (1,2), lift R beside L ankle with small
up-down of L heel (3).

IV. Same as Part II. REPEAT Parts III/IV 3 more times (4X total).

V. Moving in LOD step S.Q.Q; S.Q.Q; S. 1 slow step (Q.Q); facing cntr, step side R (1), lift L in front (2,3).

Moving in RLOD step S.Q.Q; S.Q.Q; facing center step side L (S), facing LOD step side R (2,3); step in LOD (1); lift R beside L calf (2,3).

Iseltaler Masoka - Junia

Österreichische Volkstanze ÖV 101-A (45 rpm) 3/4
Cpls in circle in SOP, H's point LOD.
Basic Mazurka Step: Step fwd L (ct 1) allowing R to extend back slightly. Step fwd R (ct 2) swinging LF fwd smoothly, foot close to floor. Small hop R (ct 3). Same foot starts the next basic step.

INTRO - 4 meas.

I. Do 2 mazurka steps fwd in LOD, beg ML,WR.

II. M: Roll across to outside in front of ptnr (L,R,L), one full turn CW, to "reverse" SOP fac LOD (M on R side of ptnr). M keep LH & arm under WR arm while changing sides. W: 3 steps (R,L,R) moving slightly fwd.

Touch MR, WL toe fwd (ct 1); touch again beside standing ft (ct 2); hold (ct 3).

III. 2 mazurkas fwd, like Part I, but beg MR, WL.

IV. Cross, like Part II, but W cross to outside, keeping LH above ptnr's arm. N 3 steps in place. Touch ML,WR toe fwd & back. REPEAT all of Parts I-IV, exactly.

REPEAT Parts II, IV, II, IV (M cross, W cross, M cross, W cross).

V. Waltz. In Cl Pos do 4 turning waltzes, moving in LOD. At end point H's in LOD for repeat of dance.

