

# JAS NA LANKA (pronounced: "YAS NAH LANKA")

Dance: Ira Weisburd

Music: Macedonian

Formation: Circle facing center

## PART I

- 1-2 Step R to R, Touch L toe to L
- 3,4& Step L across R, Step R to R, Step L behind R
- 5,6& Step R to R, Touch L toe forward (while bouncing lightly twice on R)
- 7,8& Step L to L, Touch R toe forward (while bouncing lightly twice on L)

## REPEAT PART I. (1-8&) - 3 more times

TAG. (Full Turn R in 2 Steps)

- 1-2 Make 1/2 Turn R on R, Make 1/2 Turn R on L

## PART II

- 1,2& 'Sit' bending knees with feet slightly apart, Lift L, Step L behind R
- 3-4 Step R to R, Lift L fwd with bent knee
- 5,6& Step L behind R, Step R to R, Step L across R
- 7-8 Step R to R, hold, Lift L with bent knee and slightly in front of R

## PART III.

- 1,2& Step L to L, Touch R toe forward (while bouncing lightly twice on L)
- 3,4& Step R to R, Touch L toe forward (while bouncing lightly twice on R)
- 5-6 Make 1/4 Turn to L on L, Make 1/4 Turn to L on R
- 7-8& Make 1/4 Turn to L on L (to face LOD), Step R forward making 1/4 turn L to face center, Step L across R

## REPEAT PART II. (1-8)

## REPEAT PART III. (1-8&)

## PART IV.

- 1&2& Stomp (with weight) R to R, Step L behind R (2x)
- 3&4 Stomp (with weight) R to R, Step L behind R, Stomp (with weight) R to R
- 5-6 Step L to L, Step R across L (bending slightly forward and bringing arms down)
- 7,8& Step L back (raising arms back to "V" position), Step R to R, Step L across R

Instructions notated by Ira Weisburd & Honey Gold

Presented by Ira Weisburd  
Camp Hess Kramer Institute  
October 26-28, 2012