

ANTHISTÓS MAKEDONIÓS - KARSLAMÁS

FORMATION: Partners facing in longways or contra formation: men side by side in one line, to right as from head of line, each facing partner in another line opposite about ten feet away.

STARTING POSITION: Right hand holding handkerchief. Right foot free.

- MEASURE** **PART I (Music A)**
- 1-4 **FOUR BASIC STEPS** (right, left, right, left) **SIDEWARD** facing slightly and moving alternately to the right, left, right, left.
 - 5 **ONE BASIC STEP** (right) **FORWARD** almost touching right shoulders with partner.
 - 6 **ONE BASIC STEP** (left) **BACKWARD** to place.
 - 7-8 **REPEAT** pattern of measures 5-6 almost touching left shoulders.
- PART II (Music B)**
- 9 **ONE BASIC STEP** (right) toward partner turning 1/4 to face head of set so woman is on partner's right, inside shoulders touching.
 - 10 **ONE BASIC STEP** (left) back to place.
 - 11-12 **REPEAT** pattern of measures 9-10.
 - 13-14 **TWO BASIC STEPS** (right, left), **MAN** moving **FORWARD**, woman backward.
 - 15-16 **REPEAT** pattern of measures 13-14 reversing direction.

- PART III (Music A)**
- 17-20 **FOUR SPECIAL STEP-SWINGS*** moving **FORWARD** to meet partner in center; finish by turning right 1/4 to face partner, man facing foot of line.
 - 21-24 **REPEAT** pattern of Part I measures 1-4.

- PART IV (Music B)**
- 25-26 **TWO BASIC STEPS** (right, left) circling clockwise half around partner, right shoulders together, to exchange places.
 - 27-28 **REPEAT** pattern of measures 25-26 circling counterclockwise, left shoulders together, half around back to place.
 - 29-30 Partners join left hands and **REPEAT** pattern of Part I measures 1-2. Release hands.
 - 31-32 **TWO BASIC STEPS** (right, left) moving out to place. Finish facing partner in original starting position.

- PART V (Music A)**
- 33 **ONE BASIC STEP** (right) moving forward to meet partner.
 - 34 **ONE BASIC STEP** (left) circling clockwise once around partner, right shoulders together.
 - 35 **ONE BASIC STEP** (right) moving forward away from partner to exchange places.
 - 36 **ONE BASIC STEP** (left) turning left half around to face partner.
 - 37-40 **REPEAT** pattern of measures 33-36 returning **TO PLACE**.

- PART VI (Music B)**
- 41 **ONE BASIC STEP** (right) moving forward to meet partner and circling clockwise half around partner, right shoulders together.
 - 42 **ONE BASIC STEP** (left) moving backward away from partner to exchange places.
 - 43-44 **REPEAT** pattern of measures 41-42 returning **TO PLACE**.
 - 45 **ONE BASIC STEP** (right) **FORWARD** to meet partner.
 - 46-47 **TWO BASIC STEPS** (left, right) **TURNDG** (left, right) once around on each step.
 - 48 **ONE BASIC STEP** (left) **BACKWARDS** to place.

* **BASIC STEP RIGHT:** Step on right foot (counts 1-2), step on left foot (counts 3-4), step on right foot (counts 5-6), hop on right foot (counts 7-8), hop again on right foot (count 9). Repeat, reversing footwork, for Basic Step Left.

** **SPECIAL STEP-SWING:** Step on right foot (counts 1-2), hop on right foot swinging left across (counts 3-4), step on left foot (counts 5-6), hop on left foot swinging right across (counts 7-8), hop again on left foot (count 9).