

LAKHANA

(Pontos Greeks living on Black Sea in Turkey)

RECORD: Folklorist LP-1

FORMATION: Line dance. High "W" position

METER: 9/16

PATTERN

Measure:

"WARM UP"

- 1 Facing center, step sideward R on R ft.
Close and step on L ft next to R ft.
A small step sideward R on R ft.
- 2 Cross and step on L ft in front of R ft.
Step sideward R on R ft.
Cross and step on L ft in front of R ft.

VARIATION I

- 1 Facing center, a quick hop on L ft, simultaneously stepping
sideward R on R ft.
Cross and step on L ft behind R ft.
Step sideward R on R ft.
- 2 A quick hop on R ft, simultaneously crossing and stepping on
L ft in front of R ft.
Step sideward R on R ft.
Cross and step on L ft in front of R ft.

VARIATION II

- 1 Facing center, hop on L ft.
Step sideward R on R ft.
Cross and step on L ft behind R ft.
Step sideward R on R ft.
- 2 Turning to face slightly R, hop on R ft.
Cross and step on L ft in front of R ft.
Step sideward R on R ft.
Cross and step on L ft in front of R ft.