

LEN IR THE MAIS
(Greek Dance from Thrace)

MUSIC: Record: (45 rpm) "Songs and Dances of Thrace"

FORMATION: Line dance, hands held low, leader at right end, face LOD.

MUSIC (2/4--count 1 & 2 &) PATTERN

Introduction 8 measures. Begin dance on vocal.

FIGURE A

1 & 2 & Facing LOD, begin R ft; step-hop fwd twice (R-hop, L-hop).

3 & 4 & Facing ctr, step-hop fwd on R ft, lifting joined hands fwd (cts 3 &); step-hop bwd on L ft, lowering hands (cts 4 &).

Repeat cts 1-4, Fig. A.

FIGURE B

1 & Facing LOD, step fwd on R ft, step on L behind R ft (ct 1); step fwd on R ft (ct &). This is a traveling pas de basque. Count is--quick, quick, (ct 1), slow (ct &).

2 & Repeat cts 1 &, starting with the L ft.

3 & 4 & Step-hop fwd and bwd as in cts 3 & 4 &, Fig. A.

Repeat cts 1-4, Fig. B.

FIGURE C

1 & Facing ctr, step to R on R ft, step on L heel in frt of R ft (ct 1); step on R ft (ct &).

2 & Repeat cts 1 &, starting with the L ft. Cts 1 & 2 & are the same as the pas de basque in Fig. B, except that there is no step behind. Travel sl fwd on these steps.

3 & 4 & Step-hop fwd on R ft (cts 3 &); step-hop fwd on L ft, lifting joined hands fwd (cts 4 &).

5 & 6 & Do 2 pas de basque as in Fig. B, traveling sl bwd from ctr. Lower joined hands on cts 5 &.

7 & 8 & Step-hop bwd on R ft (cts 7 &); step-hop bwd on L ft (cts 8 &).