

LETCINA — Pontos

Active

(Circle or line dance no partners)

Rhythm: 7/16 (♩♩♩) counted 1-and-2-and, 3-and-ah, or "slow quick".

Starting Position: "V" position. Right foot free.



Measure

- 1 ♩ Facing slightly and moving left, STEP FORWARD on RIGHT foot (counts 1-2),
 (♩) OR, with weight on left foot, tap or bounce right foot or toe (count 1),
 (♩) Step forward on right foot (count 2),
 ♩ A small STEP FORWARD on LEFT foot, with a slight but sharp bend-and-straighten of knee (count 3).
- 2 ♩ REPEAT pattern of measure 1.
- 3 ♩ STEP FORWARD on RIGHT foot swinging hands slightly forward (counts 1-2),
 ♩ STEP BACKWARD on LEFT foot swinging hands backward (count 3).
- 4 ♩ STEP BACKWARD on RIGHT foot swinging hands forward (counts 1-2),
 ♩ STEP BACKWARD on LEFT foot swinging hands backward (count 3).
- 5 ♩ Turning to face center, STEP SIDEWARD RIGHT on right foot, swinging hands forward and high above head (counts 1-2),
 ♩ CHUG** very slightly forward on RIGHT foot with a slight but sharp bend of knee (count 3).
- 6 ♩ CHUG** very slightly backward on RIGHT foot, straightening knee and placing left foot slightly forward, bouncing left foot slightly (counts 1-2),
 ♩ STEP on LEFT foot IN PLACE with a slight but sharp bend of knee (count 3).
- 7 ♩ REPEAT pattern of measure 6 reversing footwork.
- 8 ♩ REPEAT pattern of measure 6, lowering hands on count 3.



Variation for measures 1-2

- 1-2 Facing slightly and moving left, TWO TWO-STEPS* (right, left).

*See Glossary.

**CHUG: A sudden, very slight slide on ball of foot with heel lowered at end.