

MAKEDONIKÓS HORÓS

~~KONSTANTINOU~~

Presented by:
Ted Sofios

(MACEDONIAN DANCE OF
SIMOS KOSTANDINOU)

FLORINA, GREEK MACEDONIA

RHYTHM: 2/4 Slow, quick, quick
RECORD: Festival
STARTING POSITION: "I" shoulder hold. L.O.D. right facing L.O.D.
right foot free

From other
SONGS OF MACEDONIA
SOME - 11
drag in

MEASURE:

STEP: MUSIC I

I		1,2	Walk to right, right, left
II		3,4, and	Turning to face center, step sideward on right foot and "pull" over right foot to face left. Bend knee to "bounce" twice in place <i>(bend knee)</i>
III		5,6, and	Pull to left over left foot, bend left knee to "bounce" twice in place.

Turns both R & L may be added as well as double pulls (R & L)

MUSIC II

I		1	Facing right step to right on right foot
		2	Hop on right foot
		3	Step on left foot
II		4	Step forward on right foot
		5	Step on left foot next to right
		6	Step on right foot in place
III		7	Step back on left foot
		8	Step on right foot
		9	Step on left foot in place

MUSIC III

I		1	Skip right
		2	Skip left
II		3	Skip right <i>little twist to cts here</i>
		4	Lift left foot around to front of right, knee high <i>Facing Joy Ragan</i>
III		5	Bring left foot back of right
		6	Bring right foot back of left
IV		7	Step on left foot in place
		8	Step on right foot in place
		9	Step on left foot in place

Turns both R & L may be added

