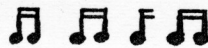


MEMEDE (MEH-meh-deh) Macedonia



RECORD: WT-LP-64701 Meter: 7/16 indicated in notes as 1,2,3,4 (S,S,Q,S)

FORMATION: Broken circle, hands joined and held at shoulder height, elbows bent.

Meas PATTERN
4 INDRODUCTION (Drum Beats)

PART I

1 Facing and moving in LOD, step on R heel (ct 1), roll onto full R ft (ct &), step on L heel (ct 2), roll onto full L ft (ct &), step R (ct 3), step L (ct 4)

2 Facing ctr, lift on L ft and touch R heel sdwd R (ct 1), shift wt onto full R ft, L knee bent and raised diag back to L (ct 2), step fwd on L in front of R (ct 3), step back on R (ct 4).

3* Lift on R (ct 1), step slightly sdwd on L (ct 2), step fwd on R in front of L (ct 3), step back on L (ct 4)

*Variation for meas 3

Hop on R ft (slow)

Hop on R ft (quick)

Step on L ft in place (Q)

Step on R ft in front of left (Q)

Step on L ft in place (slow)

4 Lift on L, R knee bent and raised in front of L leg (ct 1), step R next to L (ct 2), lift on R, L knee bent and raised in front of R leg (ct 3), step L across R (ct 4).

5-36 Repeat action of meas 1-4 eight more times

PART II

1-2 Repeat action of meas 1-2, Part I, lowering hands at beginning of meas 1, and raising them to shoulder height at beginning of meas 2.

3 Hop on R, L knee bent and raised in front of R leg (ct 1), step sdwd L on L (ct &), step R behind L (ct 2), hop on R, L knee bent and raised in front of R leg (ct 3), step L next to R (ct 4)

4 Repeat action of meas 3, Part II, reversing ftwk and direction.

5 Repeat action of meas 3, Part II, but step L across R on ct 4.

6-25 Repeat action of meas 1-5, Part II, four more times

26 Repeat action of meas 1, Part II, finishing with R knee bent and raised in front of L leg on ct 4