

MERNINGAS

FORMATION: Arms on shoulders in an open circle. Women usually in a separate line. Line moves CCW, using a 4 bar introduction

Measure:

- (A)
- 1 Step R ft to R large step
 - 2 Cross L ft front of R and step
 - 3 step R ft to R, lean sideways R, bending R ft as you step and straightening L knee, leaving legs apart
 - 4 Step to L with L (in place) and lean away to Left as in meas. 3

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- (B)
- 1 step R ft to R
 - 2 cross L ft front and step
 - 3 step R ft to R lift L ft front
 - 4 step L ft to R, raise R ft front

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- (C)
- 1 step R ft to R
 - 2 cross L ft front of R
 - 3 large jump to R with R ft
 - 4 hop three times, with L leg crossed behind

(REVERSE THE ABOVE TO THE LEFT)

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- (D)
- 1 step R to R
 - 2 step L cross front of R
 - 3 jump to R with R ft
 - 4 jump to L with LRL stamping R ft

(REVERSE TO LEFT SIDE)

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- (E)
- 1 step R ft to R
 - 2 step L ft crossing front
 - 3 jump to R with R, bring L leg high behind
 - 4 jump to L with L, bring R leg high behind

- Athan Karras
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