

MOUSTAMBEIKOM
(Macedonia)

This is a men's dance from Macedonia.

Pronunciation: Mooh-stahm-beh-eeg-kohm

Record: Donna Samiou - Stis Pikrodafnis Ton Antho
#2J 062-70253 LP. 11/8 meter.

Formation: Hand hold at shldr level

Meas

Pattern

- 1 Traveling. LOD, step R with R ft, lift L ft and hop at same time.
Step L, R and L to ctr with R ft crossed behind L ankle.
Step bkwd with R ft and again with L ft, hop with R ft wrapped behind L knee.
Hop three more times in same pos.

Repeat immediately.

Presented by Nikos Savvidis