

PANDOGO
(Highlife)
(Ghana & Nigeria)

Source: Kwasi Badu

Time: This dance follows a "bell" pattern that has
8 cts. They will be counted 1, 2, 3, 4, 5, 6, 7, 8

Record: FR-4113

This dance would take pages to notate in the pattern of this syllabus. Since these notes are only meant to be a reminder the pattern will follow. Always start on the R. when not on both.

Bells:

2	Free	
4	Basic step in place	
6	Advancing	
4	Sawing in place	
	4- Praying- going down	
12	4- Going down Eggbeater- staying down	
	4- Praying- coming up	
4	Basic step going back	
	4- 4 small-	
12	4- Sikyi 4 large- Advancing	
	4- (R.to R.,L.R.tch. L. 4 small-	
	and back)	
4	Basic step going back	
	4- Hands on thighs-	
12	4- Big step Slow chicken- Advancing	
	4- Hands on thighs-	
4	Basic step going back	
	4- In place (arms reversing each bell)	
12	4- Swim-Feet tog. Advance (4 scoots per bell)	
	4- In place (as in first 4)	
4	Basic step backward	
4	Wave 4 advance with step	
4	Basic step backward.	