Τροπηδίο ορο (Line dance, no partners)

| Rhythm: | 7/16 (c. d) counted 1-and-ah, 2-and, 3-and, or "slow qui | // // // // // ck quick". |
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| | Folkraft LP-24, side B band 5 (1:55)—orchestra. Position: "V" position, OR belt hold. Rightfootfree. | $\phi \phi \phi \phi \phi \phi$ |
| Music 7/ | | $\Lambda\Lambda\Lambda\Lambda\Lambda\Lambda$ |
| Measure | The Table Based bears attacked traces at their attaches at 1950 | st andi- |
| 1-2 | Facing slightly and moving right, two STEP-CLOSES (right) forward. | |
| 3-4 | Two RUNNING TWO-STEPS (right, left) forward. | |
| 5-7 | Three STEP-HOPS (right, left, right) forward. | |
| 8 | HOP-STEP-STEP (right forward. | |
| 9-10 | Turning to face center, STEP-CLOSE STEP-TOUCH sideward left. | |
| 11-12 | STEP-CLOSE (right) STEP-TOUCH (right) forward. | |
| 13-14 | STEP-CLOSE (left) STEP-TOUCH (left) backward. | |
| 15 | Releasing hands, three quick steps (right, left, right) turning left | |
| | (counterclockwise) once around in place (counts 1-ah-2). | |

Note: Bend knees sharply on the TOUCH and CLOSE steps above.

STEP-CLOSE (Right) in 7/16 (.): Step on right foot (count 1), close and step on left foot beside right (count 2). Repeat, reversing footwork, for Step-Close (Left) in 7/16. STEP-HOP, STEP-TOUCH and HOP-STEP are in the same rhythm.

Rejoining hands, HOP-STEP (right) in place.

RUNNING TWO-STEP (Right) in 7/16)(\$\overline{d\overline{d}}\$): A slight leap on right foot (counts 1-and), close and step, OR a slight leap, on left foot beside right (count "ah"), step OR a slight leap on right foot (counts 2-3). Repeat, reversing footwork, for Running Two-Step (Left) in 7/16.

HOP-STEP-STEP (Right) in 7/16 (334): Hop on right foot (counts 1-and), step on left foot (count "ah"), step on right foot (counts 2-3).