

FFDC NEWSLETTER



FLORIDA FOLK DANCE COUNCIL PRESIDENT: Terry Abrahams, 717 S. Edison Ave., Tampa FL 33606
TREASURER: Eileen Jacobs, 950 Broadway #102, Dunedin FL 33528
FFDC NEWSLETTER ADDRESS: FFDC Newsletter, 1018 Berkshire Road, Daytona Beach FL 32017

PREZ SEZ

I know I asked those that were there in Daytona Beach for ideas for instructors at the camp, but I can't seem to make a choice by myself. Therefore, I am once again asking you to help me decide. I am listing possible choices for both a line dance teacher, and for couples. Please choose first and second choices for BOTH lists -- there will be two teachers. Do not make any choices if you are not coming to the camp. If there is the slightest possibility you are, then please help me and send me your choices back. Please do so ASAP, as I really must get going here. I've included a couple from California in hopes that I can work it monetarily, as they are good instructors. My life is so busy at this very moment that I won't talk about anything else in this issue. . .

LINES:

Yaakov Eden -- ISRAELI
Moshe Eskayo -- ISRAELI
Ercument Kilich -- TURKISH
Bora Ozkok -- TURKISH
Dick Crum -- BALKAN (Calif)
Steve Katansky -- BALKAN
Martin Koenig -- BALKAN
Atanas Kolorovski -- MACEDONIAN
Sonni Bloland -- ROUMANIAN (Calif)
Mihai David -- ROUMANIAN
Richard Hladio -- UKRANIAN
Marianne Herman -- UKRANIAN

COUPLES:

Ron Houston -- MEXICAN
Nelda Drury -- MEXICAN
Una O'Farrell -- IRISH
Joe Wallin -- SCOTTISH
Elba Gurzan -- ITALIAN
Marianne Taylor -- PORTUGUESE
The Hiberts -- FRENCH
Ingvar Sodal -- SCANDINAVIAN
Jane Farwell -- INTERNATIONAL
ISRAELI -- a possibility here;
lots of very nice couple dances
Vyts Beliajus -- LITHUANIAN

I will wait two weeks for replies -- then I'll make a choice. Thanks everyone!

Terry Abrahams

EDITORS NOTES

The logo contest is picking up speed and we now have several impressive entries. We need more, though, to make it a really worthwhile contest -- after all, this will be the design used to represent the FFDC on T-shirts, stationary, etc. We want to have a large selection from which you will choose. Second place will be used as the George Washington Workshop logo. Send in your entries to us BEFORE October 20th so that we can print the winners in the November newsletter. Sorry, late entries will NOT be considered for this contest.

Christmas is just around the bend and we're making plans for a special issue of the newsletter. As we mentioned before, please send us photographs of your group and your Christmas/folkdance stories. The sooner you send them, the better we can plan.

CORRECTIONS: July issue, Don Armstrong's letter, Arnold Bökel's name was misspelled
Pat Henderson's zip code is 32825
Eileen Jacobs 950 Broadway #102, Dunedin FL 33528

DON'T FORGET: Club notes, RSVP, articles, recipes, ANYTHING must be received by the 20th of the month in order to have a guaranteed spot in the next newsletter.

Julius Horváth & Olga Princi

SCHEDULE OF ACTIVITIES - DUQUESNE UNIVERSITY TAMBURITZANS - JANUARY 1984 - FLORIDA

2 Jan	Daytona Beach	Peabody Auditorium	8 PM	performance
2 Jan	Ormond Beach	Granada Recreation Center	11 PM	reception and dance
3 Jan	Fort Myers			performance
4 Jan	Dunedin	Dunedin High School	8 PM	performance
5 Jan	Bradenton			performance
6 Jan	West Palm Beach	Rosarian Academy	8 PM	performance
7 Jan	Ft. Lauderdale	Bailey Concert Hall	8:15	performance
8 Jan	Ft. Lauderdale	Bailey Concert Hall	2:15 & 8:15 PM	performance



Still Available from our Prez: Bumper stickers; "FOLK DANCERS HAVE CIRCLE OF FRIENDS"

Andi Kaplin won a free dinner in a St. Petersburg radio station contest with the following joke: WHAT DO THEY CALL ALL THE PRETTY, YOUNG GIRLS IN ST. PETE.? ans: TOURISTS.

Seen was the following bumper sticker: ROSES ARE RED, VIOLETS ARE BLUE
I'M SCHIZOPHRENIC, AND SO AM I

MOUSE MUSINGS

On July 20th, we held elections with the following results:

President -- Raynette Kibbee Vice President for Complaints -- David Digby
Treasurer -- Dean Jensen Secretary -- Pat Henderson
Public Relations -- Burt Wolfe

Raynette and Katie represented our group in Daytona on July 9th. We hope more people can go next time! Phyllis Kelley left for Canada for a month while the Crosses just returned from a two week vacation in North Carolina. David Digby is in Oregon for his daughter's wedding. Karen Green is in San Francisco visiting. Raynette is taking her vacation but staying in the area to visit local attractions. Bobby and I keep busy with our two little ones, now 10 months and 28 months old while we try to keep our sanity. In addition to my full-time librarian's job at Valencia, I will be teaching a dance aerobics class.

A note on our organization: Our officers are listed above. The President is in charge of the dance program on Wednesday nights and conducts our meetings. The Vice President is in charge of complaints. As soon as the performance group meets, we will decide on a director for it. We have one treasury for both the performance and Wednesday night groups.

Pat Henderson

TAMPA TRIVIA

Nearly 50 people came to our August 5th dance party and we all had a great time. However, much to our surprise there were few newcomers among the attendees, in spite of the good publicity. Most were our "sometime" folk dancers who turned up en masse for the occasion. Refreshments were provided by a few of our culinary experts, with John Ellis starring in that category with his exquisite "Bienenstich" which our Germans recognized immediately and raved over. Another party is upcoming -- watch this space for an announcement.

Those of you who danced in mid-Florida from '72 to '75 may remember ex-Chicagoan Ron Isaaksen who brought us several Norwegian dances from back home, and then moved away to Gainesville, married his Belgian girlfriend, and "disappeared." Well, Ron turned up in Tampa the other day for a brief visit and filled in the missing details. He and Marie now live in Washington DC (actually Silver Spring MD. if you're a stickler), and Ron is on his own as a specialist in restaurant design. They have 2 small sons, a house with a huge yard, and life is good.

Marilyn Rath, former FFDC Newsletter Editor then based in Miami, has been living in Yugoslavia for the better part of a year and living it. She reports seeing lots of troupes at festivals and recognizing dances that had been taught by Bora and others. Can you imagine one of "us" actually doing this -- living over there on "sacred soil"! Even the food is great, and she hasn't eaten anything frozen or canned in months!

It used to be we had a high incidence (relatively) of math experts of one sort or another in our FD groups. Now in Tampa we seem to be running to lawyers. Is this a local phenomenon, do you think, or the wave of the future???

Judith

ORMOND ODDS AND ENDS

SPRING WORKSHOP: Keep May 4,5, and 6 free!! We're holding a workshop in Russian dances with Alexandru David! We'll let you know the details as soon as possible. So brush up on your prysiadkas and plan on a fun weekend!

Sandor Sallai of the DALIBAB FOLK DANCE ENSEMBLE (Debrecen, Hungary) visited us briefly; arriving just in time for our regular Wednesday meeting. He is planning to bring a part of his group to America this spring for performances and workshops (all levels). Their second record (all folk dance music) should be ready for their visit -- more information later. Summer must be the season for weddings because we just had another one. Lina Amin, the girl who entertained us so well at the Spring Fling with her Indian dances, surprised us all and got married. Congratulations and best wishes from all of us! Maybe we haven't lost a dancer, we've gained a couple??

Our club was fortunate to have a three page spread in a county-wide newspaper this month with many pictures. We hope this invitation will help build interest in our hobby.

OBIFD

TALLAHASSEE

Tallahassee Folkdancers have been on vacation all over this fair country. Some in California, New York, Texas, some in New Jersey and North Carolina. While visiting the sumptuous Biltmore Hotel in North Carolina, Patti and Alan MacDonald ran into an old folkdancer, Jackie Kracker, who sends her regards to all who remember her. Hi, Jackie!

The Big News in the Big Bend is the wedding of long time folkdancer, Pat Bridgham, to Ed Pierattee. The Festivities will be on October 1st at 2PM at the First Presbyterian Church. Everyone is invited to come. Remember, if you want to reserve some floor space or a patch of grass for sleeping bags, be sure and call ahead. Congratulations!

A reminder about the Birmingham Toejam. This is really a fun event. It's **the weekend** of September 9 through 11 and it costs \$15 if you send it in before September 2nd. After, it costs \$18. Send your money to Cathy Caldwell, 3809 12 Court South, #A-2, Birmingham, Alabama, 35222.

There are rumors that Kay Harper is headed back this way, but, alas, no one has seen her yet. And, Juan's whereabouts still remain a mystery to all of us. A word! A sign! Dear Juan, even if you send us a stamp, we will take heart!

Siri Nadler

Yusi Yanich sent us a list of his dance classes in the Miami area which will be printed in our next directory. You can call him at (305) 685-1783 for details. . .

Dear Friends;

Greetings from the Nantahala Outdoor Center in the beautiful mountains of North Carolina. I started working here in April when the nights still got quite cold. I sleep in what is basically a screened porch so nights were a lot colder than what I was used to in central Florida. My first job was working in the motel and cabins and then I moved to my present job on the telephone switchboard. I enjoy it a lot.

This summer there are fellows here from India and Nepal. They played some of their folk music and danced a bit for me.

Over the summer I enjoyed visits from a number of friends from home. Art and Maude Kiefer, joined by my mother, were given a raft ride down the river by my Indian friend. I saw Bob Weinstein's name on one of our forms as being a rafter. Unfortunately, I missed seeing him and Diane. I was sorry they didn't look me up.

My former roommate Jody Gomez Pomeroy and her new husband Dennis were here on the fourth day of their honeymoon. We went down the river with another guide-- I had a nice little swim at the end of the trip when I fell out of the raft. I think Jody and Dennis didn't expect to make it to day 5 of their marriage. We had fun, though.

As of now I have a job through October working again in the motel and through the winter if business stays steady. If not, I have hopes of perhaps visiting India for a month -- I'm psyched.

I did a lot of folk dancing when I first got here, but have been busy doing other things the last couple of weeks. I have danced with an excellent dancer from the center where I work. He did contra, English and square dancing before I got here, then I introduced the polka to him. He's wonderful and he learns extremely fast.

I've gone on two bike trips since being here. One was a five day trip which turned into a 3 day trip for me because I had an accident on my bike and hurt myself pretty badly. The other was for center employees. The accessibility to the local people while bike touring adds to the enjoyment of the sport.

Hope all is well. I do miss all of you. One of these weekends I might show up at some workshop. I'm hoping to see Jean Carnall since she is so close now in Atlanta.

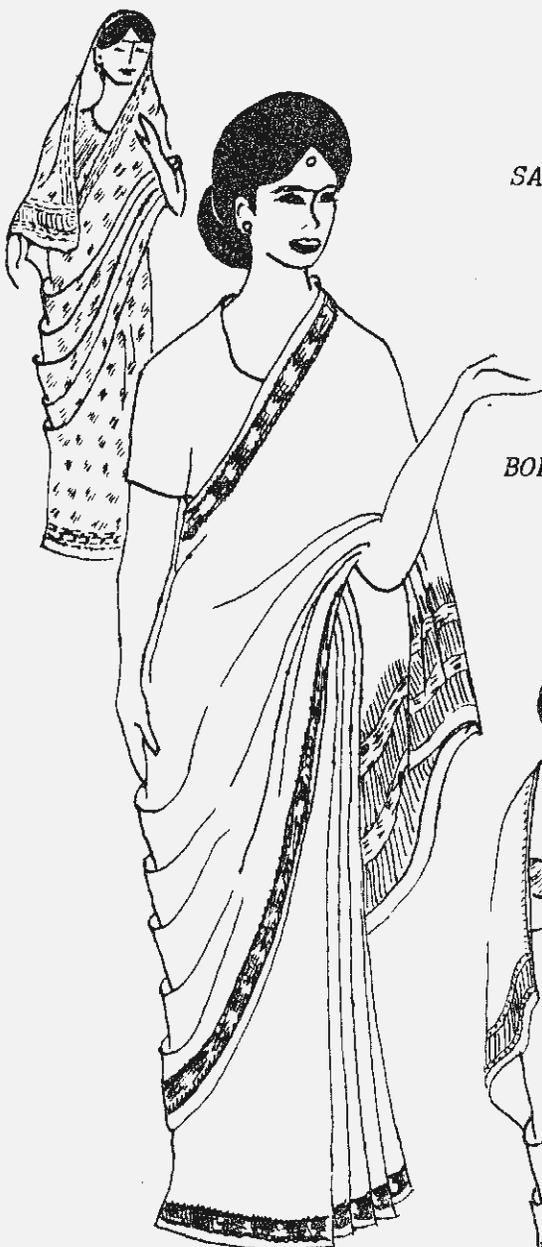


Nantahala
Outdoor Center

U.S. 19W Box 41 Bryson City, North Carolina 28713

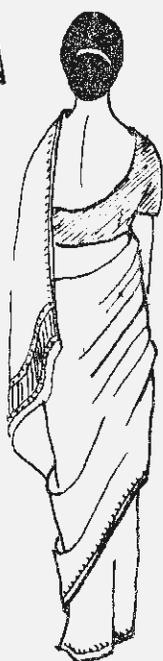
Love to all,
Kathy Dudek

India The Sari

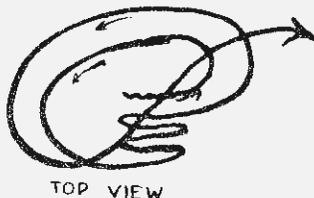


SARI: Finest silk or light cotton, with a border woven or printed along the edge and on the ends. The border is wider and more elaborate on the end that drapes over one shoulder. Often the sari was woven with gold wire threads and was sold by weight. Sari fabric is woven in 6-yard lengths, the borders being part of the design. A six-gored, long flared half-slip, in a matching color, is worn underneath.

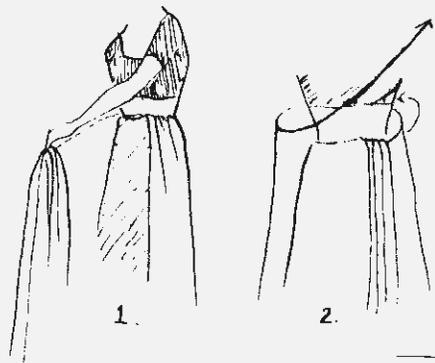
BODICE: Short sleeves, low neckline front and back, bare midriff. Not good taste to be sleeveless. It is very tight fitting and darts are placed where needed. No zippers are used. Fabric of matching or corresponding color.



DRAPING A SARI: One end of the material is tucked into the waistband of the slip slightly to the right of center front. Draw the rest of the material around back, counterclockwise. When it has been drawn once around the waist, pleats are formed by making at least six uniform folds (See Sketch #1). These must be kept flat, held steady in the left hand and tucked into the waist band of the slip with the right. The remaining material (there should be about two yards left) is drawn around the back under the right arm, then up over the left shoulder in front (Sketch #2).



TOP VIEW



EGYPT, ISRAEL, & GREECE - A FOLK DANCER'S ADVENTURES

The trip for us was very satisfying - jetting back in time - seeing and living historic times to the present. In each country there were ruins that pre-dated Christ by 2000 years or more. Everywhere the people were friendly and open to discuss their life experiences. In each country there was folk music on the radio, TV, in tavernas, and tour busses from morning to night. The people there listen to "folk music" as we listen to our favorite radio station.

EGYPT was fantastic! We spent time in Cairo, Luxor and Aswan and traveled mostly by train. This is a country you must see soon as it is changing radically. Compulsory education is quickly closing the 2000 year "generation gap" between adults and their children. The old folks still ride donkeys and camels while their kids ride bikes.

CAIRO is a city unlike any other. It is so crowded some people even live in the cemeteries. The streets are filled with donkey carts, motor scooters, small cars and a few camels. Everybody honks and ignores traffic signals. The Egyptians wear arab attire and many of the men are incredibly handsome! The museums have treasures beyond mind's comprehension. You can go into the pyramids, ride camels, see mosques, and eat Turkish food. There is oriental music and dancing at many nite spots. Although our hotel had live music and dancing every night, the dancing were done by entertainers. Whenever I sought information on "folk dancing" I didn't get anywhere-literally.

LUXON is right on the Nile. Transportation is mostly horse & buggy. West of the Nile is the Valley of the Kings & Queens. Because pyramids were being robbed, later pharoas began building their tombs away from the cities-many of them here. Tutankhamun's and Hatshepsut's tombs are here. Since it rains only once in 2000 years, the tombs are very well preserved. ASWAN is far south of Cairo and here one really knows that Egypt is in Africa. There are flowers everywhere, the Nile, islands, archeological digs, and an Aga Khan museum. At night the clubs play nubian (African) music which floats up to your balcony and fills the air. On the way back to Cairo, we saw how the rural population live. The front walls of their mud brick homes are often painted with drawings of Mecca and the ships and planes that take them there. The women cutting wheat with scythes, men irrigating fields with buckets, their lives very little different than their early ancestors.

ISRAEL. Most of our time was spent in Jerusalem and in Eilat on the Red Sea. JERUSALEM'S "Old City" is a kilometer square area with walls 40 feet high. Here there are bazzars, cafes, churches, mosques, the Wailing wall, the way of the cross, money changers, and four quarters housing Moslems, Christians, Jews, and Armenians. You can sit at a cafe table outside and watch people parade past in dress from the very ancient to contemporary. We stayed in East Jerusalem (Arab) in a former Turkish Harem turned hotel. Everywhere in Jerusalem there were soldiers carrying guns, barbed wire and posters begging for peace in Hebrew and Arabic. We loved the people and the place, and we never felt anything but safe. We climbed the Mount of Olives, and saw 2000 year old olive trees with holes through their trunks, Gethsemane, a Russian church built by Czar Alexander III onion domes and all. Along the way is a Jewish graveyard dating from 2200 BC where Jews from the world come to be burried even today. The Jordanians knocked over all the tomb stones before they left the area. In Jerusalem, one can folk dance every night of the week and the deli's are like out of a child's dream.

EILAT, on the Red Sea- Here you have some of the best scuba diving in the world. The fish are brilliant, exotic, and friendly. The Grey Eeel will allow itself to be picked up and petted. Topside it is possible to see Israel, Jordan, Egypt, and Saudi Arabia all at the same time. The sea turns red at dusk. Hotels here have folk dancing and teach Israeli dances.

GREECE. We flew to Athens from Tel-Avive on El Al Airlines with Israeli music and breakfast. As far as Greece, it is just enough to be there. To find a taverna at the top of the island, sip ouzo or greek wine and listen to the music. We wish we were back there every day since we have been back. The food in Athens is inexpensive and most delicious. Again it was possible to watch Greek folk dances but not easy to find a place where you can join in for more than a dance or two. On the boat cruises to the islands the larger ships have Greek dancing for everybody far into the morning.

On the islands there are tavernas with live Greek music and dancing where it is possible to join in. One of the highlights for us in Greece was watching a mosaic being uncovered. It probably had not been seen for the past 2000 years. The dig was taking place on a side street in Athens.

This brief sketch is what exists in these three countries for a tourist to see.

Marian Kersting



CSÖRÖGE (Hungarian Curled Fritters)

4 egg yolks	1 tablespoon
1 cup all-purpose flour	sour cream
½ teaspoon sugar	Pinch of salt
1 tablespoon rum	Pinch baking soda
Oil for frying	Confectioner's sugar

Combine egg yolks, cream, salt, sugar, rum, and baking soda and knead until mixture no longer sticks to the board. Let stand on floured board for twenty minutes. Roll out to 1/8 inch thick. Cut into pieces 5 by 3 inches. Make a slit in the center and fold the two diagonally opposite corners to the center and tuck them into the slits. Fry

in hot oil for 1 to 2 minutes, turning them as they become golden. Remove and place on absorbent paper. Sprinkle with confectioner's sugar and serve. Serve warm, with jam.

SECRET: When placing in oil, shake vigorously with fork several times. This will help to make them light and fluffy.

YOU KNOW IT'S GOING TO BE A BAD DAY WHEN:

by Julius Horvath

1. Both opanki you bought are for the same foot.
2. The route directions you are following are for last year's camp site.
3. You stop by a garage sale just as someone is walking away with a complete polish costume for \$1.
4. You are stumbling toward your bed after a fantastically wild dance party when you hear the breakfast bell ring.
5. The instructor you drove 100 miles to dance with is off on a teaching tour this week.
6. You see a "60 Minutes" news team waiting at your camp site.
7. At camp, the two teachers you wish to study under are scheduled to teach at the same time.
8. Your partner can't attend class and all the dances are for couples.
9. Your partner is feeling affectionate and all the dances are wild balkan kolos.
10. Driving back from a weekend camp, you find the police directing all traffic away from the city.
11. Your favorite hambo partner got engaged yesterday.
12. No one at camp has ever heard of your favorite dances.
13. You forgot your kolo belt and two heavy hot-shots are strongly pulling on your light cotton sun dress.
14. The performance dance you rehearsed the hardest was inadvertently left off the program.
15. The band you hired to play at your kolo party arrives in scottish kilts and carrying bagpipes.
16. The invitations to tomorrow's special dance party you mailed last week are all returned on a postal rule technicality.
17. You are getting your prysiadkas right when you hear a loud RI-I-IPP.
18. It's starting time at your regular dance night and only you and the janitor are there.
19. Your church's ladies circle BEG you to show them the native dances of the Asmat and Sawi tribes of Indonesia.
20. For evening supper they are roasting two lambs over an open fire and you just became a vegetarian.
21. Your boss asks you to work overtime on the big folk dance weekend.
22. You notice a wisp of smoke coming from under your turntable while setting up for a big festival.
23. You arrive at a sunny picnic, someone request Mayim, and now it's raining hard.
24. You are to perform a polish suite when you see a large professional polish dance company in the audience.

RSVP

Ask RSVP any question you might have on dance descriptions, words, styling, music, costumes, etc. We will do our best to print an authoritative answer for you...Ask RSVP...(All you wanted to know about FD but didn't know who to ask!)

Dear RSVP: I would like the words to Hashual. LP

Dear LP: Here are the words to Hashual, taken from the MIT Folk Dance Club Song Book:

HASHUAL /Hashual haba miderech El, el, el karmi karav balat /
 /Eshkol gadol viy'feh mareh Ganov ganav be'ain ro'eh/
 /V'im shlalo nimelat/

Dear RSVP: Some members of the Orlando group are looking for dance instructions to any Yves Moreau dances which were not taught at the camp in February. Pat Henderson

Dear Pat: We have several syllabus' from various camps plus a book of dance instructions published by him -- much too much material to be printed here. (Two samples appear on last page.) To obtain copies of this material, please see Julius.

Dear RSVP: What is a scone? Anonymous

Dear Anon.: Scones are the hot breads of Scotland. It is pronounced in the soft Scottish accent sounding like "scaun." The name originally came from a parish in Perthshire which was the site of the historic abbey and palace where the kings of Scotland were crowned on the "Stone of Destiny" or "Scone" which is now under the Coronation Throne in Westminster Abbey. Tradition has it that this stone was Jacob's Pillow. The name is the only thing that is like a stone, however, for scones are as light as a feather and "don't stay around long enough to gather moss!"
 -adapted from notes by A.U. Smith

TEA SCONES

2 cups unsifted flour	1/2 cup shortening
1/2 cup sugar	1/2 cup raisins or
2 tsps. cream of tartar	dried currants
1 tsp. baking soda	2 eggs, slightly
3/4 tsps. salt	beaten
1/4 cup milk	

Sift dry ingredients together. Blend in shortening until mixture resembles fine bread crumbs. Add remaining ingredients. Mix with fork, divide into 2 parts, turn each part on floured board. Do not handle. Flatten to about 1/2 inch or more thick. Cut into triangles, put on greased floured cookie sheet. Bake for 15 minutes or until golden in 400 F oven. Serve warm. (16)

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TIME VALUE

DOSPATSKO HORO
 (Bulgaria)

Dese-PAHT-skoh Hoh-ROH

Learned by Yves Moreau in December, 1969, from Nasko Dimitrev, Smoljan, Bulgaria. The dance comes from the small town of Despot in Smoljan District. It is done by the Bulgarian-Mohammedans in the western part of the Rhodopes.

Music: Balkanton BHA 734. Side 1, Band 3. 7/8 meter: 1-2-3, 1-2, 1-2.
 Counted here as 1, 2, 3,.

Formation: Segregated lines. M use shoulder hold. W use "W" pos. Face ctr. Wt on L ft.

Style: Smooth, quiet, controlled - somewhat heavy in feeling. Has a Macedonian flavor. W arms move up and down with the rhythm, and their movements are not as large as those of the M.

Meas Pattern

No introduction

I. IN PLACE

1-2 In place, step R, L, R (cts 1, 2, 3). Repeat for meas 2, begin L.

3 Step R to R (ct 1). Lift on R, bringing L around behind R (ct 2). Step L behind R (ct 3).

4 Step R to R (ct 1). Step L across in front of R (ct 2). Step back in place on R (ct 3).

5-8 Repeat action of meas 1-4, reversing ftwork and direction.

II. GRAPEVINE

1 Step R to R (ct 1), Step L across in front of R (cts 2,3).

2 Step R to R (ct 1). Step L across in back of R (cts 2,3).

3-4 Repeat action of meas 3-4, Part I.

5-8 Repeat action of meas 1-4, Part II, reversing ftwork and direction.

9-16 Repeat Part II, meas 1-8, exactly.

III. ROCKING

1 Step bkwd on R, leaving L in place (ct 1). Rock fwd on to L (ct 2). Rock bkwd onto R (ct 3).

2 Large, smooth, walking step fwd on L (ct 1). Step fwd R, bending knee, simultaneously bring L ft up behind R leg, L knee turned out (cts 2,3)

3-4 Moving bkwd, step L, R, L (cts 1, 2, 3). Repeat for meas 4, begin R.

5-8 Repeat action of meas 1-4, Part III, with opp ftwork.

9-16 Repeat Part III, meas 1-8, exactly.

IV, V, VI

Repeat Parts 1, II, III exactly

VII. TRAVELLING

1-2 Facing slightly R and moving LOD, step R, L, R (cts 1, 2, 3). Continue for meas 2, begin L.

3 Face ctr, step R to R (ct 1). Lift on R, bringing L around behind R (ct 2). Step L behind R (ct 3).

4 Facing slightly R and moving LOD, step R (ct 1). Step L (cts 2,3).

5-16 Repeat Part VII, meas 1-4, 3 more times (4 in all).

VIII, IX, X

Repeat Parts I, II, III. On final meas. close R to L (ct 2). Hold (ct 3).

BICAK
 (Bulgaria)

BEE-chuhk

Learned by Yves Moreau in March, 1970, from Ilija Vretenarov, leader of a folk dance group in Kavrakirovo, near Petrič. It is popular in the villages around the town of Petrič in south-west Bulgaria (Macedonia).

Music: Balkanton BHA 734. Side 2, Band 2. 9/16 + 5/16 (14/16) meter: 1-2, 1-2, 1-2, 1-2-3 plus 1-2, 1-2-3. Counted here as 1, 2, 3, 4, 5, 6.

Formation: Lines, or open circles. Segregated. M use shoulder hold. W use "W" pos with hands close to shoulders. Face LOD. Wt on L ft. Meas 1 of each Part begins facing LOD.

Meas Pattern

Leader starts at the beginning of any 4 meas musical phrase and changes from one pattern to another at will - preferably in the order given here.

I. BASIC

1 Lift on L (ct 1). Step R in LOD (ct 2). Lift on R (ct 3). Step L in LOD (ct 4). Turn to face ctr and step R to R (ct 5). Step fwd L (ct 6).

2 Lift on L (ct 1). Step bkwd on R (ct 2). Lift on R (ct 3). Step bkwd on L (ct 4). Face and step in LOD on R (ct 5). Step in LOD on L (ct 6).

II. TWIST

1 Repeat action of meas 1, Part I.
 2 Repeat action of meas 2, Part I, cts 1 through 4. With ft together raise and lower on balls of ft, twisting heels to R (ct 5). Raise and lower again, twisting heels to L (ct 6).

III. ROCK

1 Lift on L (ct 1). Step R in LOD (ct 2). Lift on R (ct 3). Step L in LOD, leaving R in place (ct 4). Rock back on R (ct 5). Rock fwd on L (ct 6).

2 Face ctr, step R to R (ct 1). Hold (ct 2). Step L behind R (ct 3). Step R to R (ct 4). Lift on R, bringing straight L leg around to front (ct 5). Step L in front of R with bent knee, bringing R up behind with bent knee (ct 6).

3 Step bkwd on R (ct 1). Step fwd on L (ct 2). Step back on R in place (ct 3). Step fwd on L in place (ct 4). Lift on L, bringing straight R leg around to front (ct 5). Step R in front of L with bent knee, bringing L up behind with bent knee (ct 6).

4 Repeat action of meas 3, Part III, with opp ftwork, but on final ct bring L ft far enough around to step on it in LOD on ct 6.

IV. LEAP

1 Lift on L (ct 1). Step R in LOD (ct 2). Lift on R (ct 3). Step L in LOD (ct 4). Step R in LOD (ct 5). Step L in LOD (ct 6).

2 Hop on L (ct 1). Step fwd R (ct 2). Low jump onto both ft, L ft leading (ct 3). Leap onto R (ct 4). Leap onto L turning to face ctr (ct 5). Leap to R on R, lifting L across in front of R (ct 6).

3-4 Repeat action of meas 1-2, Part IV, reversing ftwork and direction, turning to face RLOD on first ct.