

Dance: Moshiko. Music: Arabic. Record: MIH 3. Formation: lines, hands held low.

PART I: Face center. L is flat on floor in front of R.

Tap L toe 16 times (cts 1-16). Stamp L twice, next to R (ct 17). Stamp L, and immediately brush (lift) it fwd (ct 18). Swing L back in air, knee bent (L next to R knee) (ct 19). Stamp L, slightly fwd no wt (ct 20).

PART II: Face diag R, move CCW.

L in front of R (ct 1). R slightly to R, bending R knee slightly (ct 2). Repeat 1-2 twice more (cts 3-6). Touch L across R (ct 7). Repeat 1-8 three more times (cts 9-32).

PART III: Face diag R, hands high.

L fwd (around circle) (ct 1). Hop on L, and step R fwd (ct 2). Repeat 1-2 seven more times (cts 3-16).

PART IV: Hands down, face diag R.

L heel fwd, bending both knees (ct 1). R fwd, at the same time twisting L ft to the L, using heel as a pivot. (Keep knees bent, body maintains fairly constant level) (ct 2). Repeat 1-2 seven more times (cts 3-16).

PART V: Face diag R.

Touch L fwd (ball of ft) (ct 1). Touch L bwd (ball of ft) (ct 2). Repeat 1-2 seven more times (cts 3-16).

PART VI: Face center, hands on shoulders.

Step L heel fwd; then close R next to (and slightly behind) L, with accent (L knee comes up on the close) (ct 1). Repeat twice more (cts 2-3). Stamp L next to R, with wt (ct 4). 3 steps bwd, beg R (cts 5-7). Stamp L in place, no wt (ct 8). Repeat 3 more times (cts 9-32).

PART VII: Face center, hands on shoulders.

Jump 4 times in place (cts 1-4). Fall on L ft in place, knee bent (ct 5). Slap R ft, slightly fwd, knee slightly bent with wt (ct 6). Repeat 5 & twice more (cts 6 & 7). Repeat 5 (ct 8). Repeat 1-8 three more times (cts 9-32).

To repeat dance, step on R (ct 1), and start tapping on ct 2.