lof

Pronunciation:

Origin:

East (Kurdish)

chap kee

Meter:

4/4

Music:

Teaching cd #5

Formation:

Semi circle, hold little fingers

PATTERN

INTRO: One complete turn of the melody

FIG.1

ct.1 Step on L to Lt, facing diag Lt. ct.2 Quick step on R to diag. Lt.

ct.& Step on L to Lt.

ct.3 Step on R infront of L to Lt.

ct.4 Quick step on L to diag. Lt.

ct.& Step on R infront of L to Lt

ct.5&6 Repeat ct.1 & ct.2 ct.7 Step on R in place

ct.8 Step on L in place next to R

ct.9 Step on R to Rt, swing arms back

ct.10 Step on L in front of R to Rt, swing arms fwd

ct.11 Step on R to Rt, swing arms back

ct.12 Quick step on Linext to R in place

ct.12 Quick step on L next to R in place, arms go up bent from elbows

ct. & Quick step on R in place.

FIG.2A

ct.1 Facing diag. Lt. Lift L up

ct.& Step on L to Lt.

ct.2 Step on R to diag. Lt.

ct.& Step on L to Lt.

ct.3 Lift R up, still facing diag. Lt

ct.& Step on R infront of L to Lt.

ct.4 Step on L to diag. Lt.

- ct.& Step on R infront of L to Lt
- ct.5&6 Repeat ct.1 & ct.2
- ct.7 Step on R in place
- ct.8 Step on L in place next to R
- ct.9 Step on R to Rt, swing arms back
- ct.10 Step on L in front of R to Rt, swing arms fwd
- ct.11 Step on R to Rt, swing arms back
- ct.12 Quick step on L next to R in place, arms go up bent from elbows
- ct. & Quick step on R in place.

FIG.2B Everythins is excatly the same except hoping and jumping motion.

FIG.3 Facing diag. Rt.

- ct.1 Weight on L, quick touch on R toe, arms up, bent from elbows move to Rt
- ct.& Step on R to Rt., keep arms on Rt
- ct.2 Step on L, crossing in front of R to diag. Rt., move arms to Lt
- ct.3&4 Repeat ct.1 to ct.2
- ct.5 Step on R in place, bring arms to ctr
- ct.6 Lift L up and a bicycle turn in place, arms start going down
- ct.7 Step back on L, bent knees down, arms down, shake shoulders
- ct.8 Step back on R, straighten knees up
- ct.9 Step back on L, bent knees down, arms down, shake shoulders
- ct.10 Touch R toe in place.