

S E R E N I T A

PONTUS

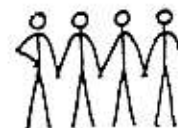
(Little Girl From Seres)

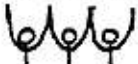

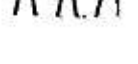
also

I K O S I E N A

(21)

RHYTHM: 7/16 Counted 1 and 2 and 3 and ah, or slow quick
 RECORD: Folkraft LP-8 - "PONTIC DANCES" EP No. 1234
 STARTING POSITION: "V" Hold, close. Right foot free, face slightly right. Pattern is a triangle.



<u>MEASURE</u>	<u>STEP</u>	<u>BASIC:</u>
I	d d.	1) Step sideward right on right foot (counts 1-2) 2) Slide and close left foot beside right (count 3)
II	d d.	Repeat pattern of measure I
III	d d.	Cross and step on right foot in front of left (counts 1-2) 6) Slide slightly sideward left on left foot (count 3)
IV	d d.	Repeat pattern of measure III
V	(Raise Arms)	7) Step backwards on right foot (count 1 and) 8) Step on Left foot next to right (count 2 and) 9) Step on right foot in place (count 3 and, ah)
VI		Repeat measure V reversing footwork
VII		Repeat measure V
VIII		Repeat measure VI (Lower arms count 3)

VARIATION: (Measure I)

I	1) 2)	Stamp right foot in front of left foot Stamp right foot to the right of left foot.
II	3 4)	Same as basic but drop right shoulder and shimmy.



VARIATION: (Measures I & II)

I	1) 2)	Cross right foot over left bending knees in a slight crouch to face left (counts 1-2) Pivot on right, hop to face L.O.D. crossing left foot over right foot (count 3)
II	3) 4)	Step on left foot (count 1-2) Pivot on left to face left, crossing right foot over left foot (count 3)
III - V	5-7)	As in basic

