

MARENA/MITRENA Demetri Tashie

Dance of western Macedonia. means: a name
 in possibly 11/8 or 10/8 (4+3+4) ,(4+2+5)or (4+2+4), but always as (s q s)

Slow part
 Hands down

moving to right , L in front of R

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|---|---------------|---|---|
| s | step | R | |
| q | step | L | forward or right |
| s | touch | R | R toe to L heel |
| | | | |
| s | step | R | turning to face center, hands go up |
| q | touch | L | in front of R dip R knee, or kick in front with a dip |
| s | lift | L | or kick in front with a dip |
| | | | |
| s | step | L | behind |
| q | kick | R | in front of L, with a 'dip' |
| s | lift from dip | R | " " " |
| | | | |
| s | touch | R | R toe to L |
| q | dip | | from knees |
| s | dip | | from knees |

Fast part hands down

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|---|-----------|-----|-----------------|
| s | step | R | |
| q | hop | L | |
| s | step | L | |
| | | | |
| s | step | R | |
| q | step | L | |
| s | pause | | |
| | | | |
| s | step-step | L-R | going backwards |
| q | step | L | |
| s | hop | R | behind |
| | | | |
| s | touch | R | R toe to L |
| q | dip | | from knees |
| s | dip | | from knees |