

# PÁPINGO

(Papingo, Zagori, Epirus)

METER: 4/4

PATTERN

Meas

**PART A Sta Dhio**

- 1 Moving LOD, step R (cts 1,2); step L behind R (ct 3); step R (ct 4).
  - 2 Step L across R (cts 1,2); step on R (ct 3); step L across R (ct 4).
- Note: on the last meas of Part A do: step L (cts 1,2); step R next to L (cts 3,4).

**PART B**

- 1 Moving LOD, step L across R (ct 1); step on R (ct &); step L across R (ct 2); step on R (ct 3,4).
- 2-8 Repeat meas 1 7 times.

**PART C**

- 1 While turning to face diag L, step L to L (ct 1,2); lift R slightly fwd (cts 3,4).
- 2 Moving RLOD, step R,L,R (cts 1,&,2); touch L (cts 3,4).
- 3 Step L to L (cts 1,2); touch R (cts 3,4).
- 4 Moving RLOD, step R,L,R (cts 1,&,2); step L (cts 3,4).
- 5 Repeat meas 4.
- 6-7 Repeat meas 2, 3
- 8 Repeat meas 2.
- 9 While pivoting to face diag R, step L across R (ct 1); step R to R (ct &); step L across R (ct 2); step R to R (ct 3,4).
- 10 Step L across R (ct 1,2); step R to R (ct 3); step L across R (ct 4).

