

STEPS AND STYLING;(Continued)

Hyduk Krutj: As leg reaches a hand or the left ft, they are lifted over the R leg.

Vexholyacnek: R toe at side of L instep with R heel out, hop L (1), R heel at same pt with toe out, hop L (&). L toe at side of R instep with L heel out, hop R (2), L heel at same point with toe out, hop R (&).

Precid z Pereckokom: Squat (1) up, with R ft out to side, hop L (&), R crosses in front, L is raised behind (2). L kicks high to side, hop R (&), L crosses in front, L is raised behind (4); R kicks high to the side, hop L (&).

Vepad Kozache: Hands on hips. Slide R ft fwd both feet remain flat on floor, lean fwd (1&); Leap onto L ft (2&);pdb with very high steps, starting R ft (3 & 4).

Kozache Meriashka: PDB with kick to the side on third count instead of coming up in the front as in a normal PDB. Accent is now on 3rd ct.

Pattern

8 Meas

I Walk 8 steps

II PRECID n VEEK

Basic squat with R ft kick to the side moving to the L.

III PERECKOK

Do 8 meas Pereckok.

IV KRUTJ v HORU

R knee across to L side, arms to R side, hop l (1); step on R ft (a); step on L ft, arms are back to center. (&); hold (a). Repeat 8 times in all.

Continued.

V PDB

Do 8 Pdb.

VI HYDUK KRUTJ

Do 8 meas Hyduk Krutj

VII Do 8 PdbVIII NOHU KRUTJ (Coffee Grinder)

Do 8 meas of Nohu Krutj

IX Repeat action Fig III

X VEXHOLYACNEK

Do 8 meas of Vexholyacnek

XI Do 8 meas of PDB

XII PRECID z PERECKOKOM

Do 8 meas of Prcid z Pereckokom

XIII Do 8 meas PDB

XIV PODVEENEY VEHENENYA

Double knee kick: facing center Left ft hops 4 times as: R ft comes beside L knee (1); R ft pointed straight out in front (&); R ft again in front of L knee (2); R ft again pointed out in front leap onto R ft. (&), On ct 3 & ^Rft hops 3 more times on & 4.&; L ft comes beside R knee (3); L ft pointed straight out in front (&); L ft again in front of R knee (4); L ft again pointed out in front (&). Do this sequence three times.

XV KACHKA (Duck Walk)

Knees together and squat. R ft raised to the side (1); switch to L ft raised to the side (&). Repeat 16 times in all.

XVI PODEENEY VEXHOLYACNEK

R toe at L instep, hop L (1); R heel at L instep, hop L (&); R toe on

Continued.

PODVEENEY VEXHOLYACNEK

other side of L ft, hop L (2); R heel at L instep, hop L (&);

Repeat action with L ft, hopping on R. 4 meas.

Repeat action cts 1-8 3 more time. 4 times in all.

XVII Do 8 meas PDB

XVIII Repeat action Fig XII

XIX Do 8 meas PDB

XX VEPAD KOZACHE

Do 8 meas Vepad Kozache

XXI KOZACHE MERIASHKA

Do 8 meas of Kozache Meriashka

XXII Do 8 meas PDB (Loop)

XXIII PLAZUNETT - Squat knees together

Balance on L ft, with R extended (1); slap R sole on floor (&);

Shift to R ft, with L extended (2); slap L sole on floor (&); repeat

4 times in all.

XXIV Repeat action Fig II with L ft kick moving to R.

XXV Walk off with 8 steps.