Couple dance, couples facing Ccw, with G on M's right, inside hands joined down. M and G have opposite footwork. R L footed dance.

Pattern: chorus, verse 1, chorus, verse 2.

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Chorus, facing Ccw.
   R L step fwd, around Ccw, beginning vigorous leap fwd, around Ccw, arms
          swinging forcefully fwd.
          in air, turn in twd ptnr, CW CCW, to face Cw, dropping inside hands.
   L R land back, around Ccw, taking new inside (outside) hands down.
    R L step step close back, around Ccw, side by side with G on M's left.
    L | R | Hands sway freely with movements.
    R L
    LR
         Cherkessia, side by side.
    RL
9
    LR
10 R L
11-20: reverse, moving around Cw.
21-40: repeat.
Verse 1, facing Ccw.
    R | L step fwd, around Cow, facing Cow.
      R step fwd, around Cow, turning to face ptnr.
    R L step across behind L R, around Ccw, on toe.
   (L)(R) lift leg fwd low and swing it around to side, around Ccw.
    L R step to side, around Ccw, turning to face Ccw, M inside and G outside.
    R | L step fwd, around Ccw, turning to face away from ptnr.
    L R step across behind R L, around Ccw, on toe, couple back to back.
   (R)(L) lift leg fwd low and swing it around to side, around Ccw.
       repeat, except turn to face Ccw on count 1 from facing away from ptnr.
Verse 2, facing ptnr and holding outside hands, inside hands down.
   (R)(L) touch toe back, M twd Ctr G out from Ctr, rotating body to face Cw.
   (R)(L) touch toe in place, rotating body to face ptnr.
    R L leap close to side, around Cw, facing ptnr.
    LR
5-32: repeat. Quickly change hands at end to begin dance again.
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