



BAÏDOUSKINO (A)

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Dance of Promahi ,Macedonia

Time signature : 3/4 counted q s , q s, qs etc .also in 5/8

Hands up

moving to left

q	step	R	in front of L
s	step	L	
q	step	R	
s	step	L	

moving to right

q	hop(lift)	R
s	step	R
q	hop(lift)	L
s	step	L
q	hop(lift)	R
s	step	R

moving to right

q	step	L	in front of R
s	step	R	
q	step	L	
s	step	R	
q	step	L	
s	step	R	

in place , hands up

q	lift	L
s	step	L
q	lift	R
s	step	R
q	lift	L
s	step	L