



DRISTA

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Dance of Neohori , Thrace

Time signature : 4/4 counted 1 2 3 4, or 1 & 2 & , or 1 2 3 & ,

Hands up

moving to right

1	step	R	
2	step	L	behind R
3	step	R	
&	leap	L	forward. hands swing back

1	step	R	hands swing forward
&	leap	L	forward. hands swing back
2	step	R	hands swing forward
&	leap	L	forward . hands swing back

1	step	R	hands go up
2	step	L	behind R
3	step	R	facing forward
&	lift	L	forward

1	step	L	
&	lift	R	
2	step	R	
&	lift	L	

moving to left

1	step	L	
2	step	R	behind L
3	step	L	
&	lift	R	in front of L