

gáida gindás

FORMATION: Open or broken circle, or line, no partners, leader at right end.
STARTING POSITION: "T" position. Right foot free.



MEASURE

VARIATION I - Basic

- 1-2 Facing slightly and moving right, **FOUR WALKING STEPS FORWARD** starting with right foot.
3-4 Turning to face center, **TWO STEP-SWINGS** (right, left).

VARIATION II - Squat walk

- 1-2 As 1 above but bending knees way down so as almost to sit on heels, and walking on balls of feet.
3-4 Straightening knees and standing up, as 1 above.

