

## KOTS

4

Kots, which means "the heel" is a dance from Pontos.

Rhythm: 2/4  
 Record: Panivar PA 188B  
 Formation: Line in shoulder hold or beginning in "V" pos and changing to "W" pos as indicated below.

<u>Meas</u>	<u>Pattern</u>
	I. Basic
1	In "V" pos facing and traveling R, bent almost crouching step R (ct 1), hop R (ct 2).
2	Step L (ct 1), hop L (ct 2) bringing hands up to "W" pos.
3	In "W" pos in place; facing ctr, leap swd R, touching L heel by R toe (ct 1), hop R, lifting bent L leg, (ct 2).
4	Hop R, touching L heel by R toe (ct 1), hop R, lifting bent L leg (ct 2).
5-6	Repeat action of meas 3-4 reversing ft work and direction.
	II. Variation
1-2	Repeat action of meas 1-2, Part I, turning on the traveling step-hops, men swooping low like eagles.
3-6	Repeat action of meas 3-6, Part I, exactly.