

Presented by Ted Sofios

K O I S
Pontus, Greece
(Ankle Bone)

RHYTHM: 2/4
RECORD: Festival EP - "PONTIC DANCES" No. 1234
STARTING POSITION: "W" position. Right foot free. Circle or line dance, no partners.



MEASURE:	STEP:	BASIC:
I	♩ 1	A slight leap sideward right on right foot, turning to face slightly left, bending left knee slightly to touch left heel beside right foot (count 1)
	♩ 2	Hop on ball of right foot in place, raising left heel slightly (Count 2)
II	♩ ♩ 3-4	Hop on ball of right foot in place touching left heel as in measure I (counts 1-2)
III	♩ ♩ 5-6	Repeat pattern of measure II, turning to face center on the second hop
IV-VI	7-12	Repeat pattern of measures I-III reversing direction and footwork, except on the last hop stay facing slightly right and lower hands to "V" position with knees bend and body bent slightly forward.
VII-VIII	♩ ♩ 13-14	Facing slightly and moving right, two step hops (right, left) forward, turning to face center and raising hands to "W" position on the last hop.
	♩ ♩ 15-16	
VARIATION-TURN (For measures VII-VIII)		
VII-VIII	13-16	As VII & VIII of basic, making a complete turn to the right, body bent, arms flared out for balance.



*As many as
LEADER DESIRES*

*TO END OF
MUSIC*

