

Mamyana

(Assyria)

Translation: Mam-ya'-na is a girl's name.

Record: Folkraft LP-4 (B3) (2:10)

Formation: Open or broken circle, or line, no partners, leader at R end.
"W" formation: Elbows bent, little fingers linked at shoulder level. L foot free.

Variation I - Basic

- 1-3 Three Walking Steps bkwd, starting with the L foot.
- 4 Point R heel slightly fwd, beside L toe.
- 5-6 Facing and moving slightly R, two Walking Steps (R, L) fwd.
- 7 Turning to face center, close and step on R foot beside L.

Variation II - Forward and turn

- 1-4 As I above.
- 5-7 Three Walking Steps fwd starting with the R foot.
- 8 Point ball of L foot fwd.
- 9-12 Releasing hands, four Walking Steps, starting with the L foot, turning L (CCW) once around to finish moving bkwd. Rejoin hands after turning.

Note: Suggested routine: Variation I twice, Variation II once.