

MANGINOT  
(Melodies)

FORMATION: Circle, holding hands, facing CCW.

PART ONE

Section 1  
 1 - 2 Walk forward r.-hold.  
 3 - 4 Walk forward l.-hold.  
 5 - 7 Walk forward r., l., r.  
 8 Hold.  
 9 - 10 Brush with l. from back to front.  
 11 - 12 Touch with l. heel in front of r.  
 13 - 16 Yemenite l. moving backwards.  
 17 - 20 Turning CW with r., l., r. and hold.  
 21 - 24 Two-step with l. moving sideways to l.  
FACING CCW  
 25 - 28 Repeat 1-4.  
 29 - 32 Yemenite r.

Section 2 - INTO CENTER OF CIRCLE WITH L. SHOULDER  
 1 Step on l. to l. into center.  
 2 Cross with r. over l.  
 3 Step on l. to l. into center.  
 4 Hold  
 5 - 6 Turn CW out of center of circle to back into circle on r., l., end facing center.  
 7 - 8 Step back on r., l.  
 9 - 12 Yemenite r.  
FACING CENTER  
 13 - 14 Step on l. to l. side.  
 15 - 16 Cross with r. over l.  
 17 - 20 Turning CCW on l.-hold, r.-hold.  
 21 - 24 Yemenite l.

REPEAT PART ONE

PART TWO

Section 1 - FACING CENTER  
 1 Step on r.  
 2 Brush with l. from back to front.  
 3 - 4 Dip-bend twice on r. leg with l. off floor (bent knee).  
 5 - 8 Repeat 1-4 to l. side with opposite footwork.  
 9 - 10 Walk forward, facing CCW, on r., l.  
 11 - 14 Yemenite r. moving out of circle.  
 15 - 16 Walk forward, facing CCW, on l. r.  
 17 - 20 Yemenite r. facing center.  
Section 2 - FACING CENTER, ARMS ON SHOULDERS  
 1 - 2 Cross with r. over l.  
 3 - 4 Cross with l. over r.  
 5 - 7 Walk into center on r. l., r.  
 8 Hold.  
 9 - 10 Step back on l.  
 11 - 12 Step back on r.  
 13 - 15 Step back on l., r., l.  
 16 Hold.  
 17 - 18 Sway to r.  
 19 - 20 Sway to l.  
 21 - 24 Yemenite r.  
 25 - 32 Repeat 17-24 with opposite footwork.