

# Militsa

(Pontic Greek)

FORMATION: Line with hands held down.

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METER: 4/4

PATTERN

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Meas

- 1 Facing in LOD, step R forward (ct 1), small bounce on R (ct &), step L forward (ct 2), repeat cts 1,&,2 (cts 3,&,4)
- 2 Step R to R while turning to face L of center and touch L heel to L, raising arms to W position (ct 1), hold (ct 2), touch ball of L foot towards center while pushing hands forward until arms are parallel to floor, body faces center (ct 3), hold
- 3 Touch L heel to left, raising arms to W position (ct 1), hold ct (2), take running step toward center onto L and bring arms parallel to floor again (ct 3), take running step back to place onto R and raise arms to W position (ct 4)
- 4 Repeat action of cts 3,4 of meas 3 (cts 1,2), take three running steps in place LRL (cts 3,&,4)

Begin pattern again lowering arms on ct 1 of meas 1