

MISHAL (Arabic Dance)

Dance: Moshiko  
Music: Arabic Folk

FORMATION: Line up, close to each other. Join hands with left arm bent backward and right extended forward. Face CCW.

PART ONE

1. Stamp L in place.
2. Stamp L in place.
3. L backward.
4. Stamp R in place and immediately brush it forward, bending down.
- 5-7. 3 steps forward, RLR, body up.
- 8-28. Repeat 1-7 three more times.
- 29-30. Repeat 1-2.

PART TWO (facing center)

1. Leap onto L foot to L with R foot crossed over it close to floor.
2. Hop on L (R stays crossed over).
3. Hop on L and run R to R.
4. Run on L foot to R.
- 5-6. Repeat 3-4.
7. Leap R to R side.
8. L closes to R.
- 9-32. Repeat 1-8 three more times.

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