

Pende Alonia

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Dance of Naoussa, Macedonia

means 5 threshing floors

a dance of Apokreas (Carnival)

Time signature : 5/8 counted 1-2 1-2-3 (q s), or 1 2-3 (s q-q), also known as : Baïdouska

Hands up

moving to left

q	step	R
s	step	L
q	step	R
s	step	L

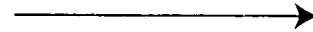


in place, facing center

q	lift	R
s	step	R
q	lift	L
s	step	L

q	lift	R
s	step	R
q	hop	L

moving to right, hands down



s	step	L
q	hop	R

s	step	R
q	hop	L

s	step	L
q	lift	R

swing hands back
behind, spin 45° left



s q	spin	R
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spin 360° clockwise. Hands get thrown up in the air

in place, facing center

s	step	L
q	lift	R
s	step	R
q	lift	L
s	step	L