

Rakkas

(Turkey)

Rakkas means “female dancer.”

Pronunciation: RAHK-kohs

Music: CD #1

4/4 meter

Formation: Semi-circle facing ctr, hands joined in V-pos.

Cts

Pattern

INTRODUCTION

FIGURE I

- 1 Step on R to R.
 - 2 Step on L across in front of R.
 - 3 Step on R to R.
 - 4 Step on L to R.
 - 5 Step on R to R, bending knees.
 - 6 Two quick bounces of the knees (cts 6, &).
 - 7 Step on L to L, bending knees.
 - 8 Two quick bounces on both knees in place (cts 8, &).
- Do this step 4 times the first time through, 5 times the second time through, and 4 times the third time through.

FIGURE II

- 1 Still facing ctr, step on R to R.
 - 2 Hop on R in place, lifting L in front.
 - & Step on L across in front of R.
 - 3, 4, & Repeat cts 1, 2, &.
 - 5 Hop on L in place.
 - & Leap onto R to R.
 - 6 Leap onto L to R.
 - 7 Jump on both ft with knees bent.
 - 8 Jump on both ft in place.
 - & Hop on L in place, lifting R behind.
- Do this step 4 times.

FIGURE III A

- 1 Step fwd on R heel.
- & Small step fwd on L.
- 2 Step fwd on R.
- 3 Step fwd on L heel.
- & Small step fwd on R.

Rakkas—continued

- 4 Step fwd on L.
- 5 Hop fwd on L.
- & Leap fwd onto R.
- 6 Leap fwd onto L.
- 7 Hop on L in place, touching R heel in front.
- 8 Leap onto R in place, lifting L behind.

FIGURE III B

- 1 Jump on both, bending knees.
- 2 Two quick bounces up with straight knees (cts 2, &).
- 3 Repeat ct 1.
- 4 One quick bounce with straight knees.
- & Hop on L in place, lifting R behind.
- 5 Step back on R, bringing the lower body fwd.
- 6 Step fwd on L in place.
- 7 Repeat ct 5.
- 8 Step on L with a half turn from R shldr.

FIGURE III C

- 1 Facing and moving away from ctr, step fwd on R heel.
- 2 Quick step fwd on L.
- & Quick step fwd on R.
- 3 Step fwd on L.
- 4 Quick step on R.
- & Quick step on L.
- 5 Hop fwd on L.
- & Leap fwd onto R.
- 6 Leap fwd onto L.
- 7, &, 8 Repeat cts 5, &, 6.

FIGURE III D

- 1 Jump onto both ft in place.
- 2 Hop on R in place, lifting L up to the R.
- 3 Jump onto both in place.
- 4 Hop on L in place, lifting R up to the L.
- 5 Touch R heel in front.
- 6 Step on R with half turn from the L shldr to end facing ctr.
- 7 Touch L heel in front.
- 8 Step on L in place.

ENDING

Repeat Fig III A and Fig III B. At the end of Fig III B, instead of turning, keep facing ctr and take a quick step fwd on the R and another quick step fwd on L next to R, saying “Sal La.”

Presented by Ahmet Lüleci
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