

# STANKINA

Demetri Tashie

Dance of Aridea, Western Macedonia. this version specifically from Promahi in possibly 11/8 or 10/8 (4+3+4), (4+2+5) or (4+2+4), but always as (s q s)

Slow part  
Shoulder hold

moving to right, L in front of R

s	step	R	
q	step	L	forward or right
s	touch	R	R toe to L heel
s	step	R	turning to face center
q	touch	L	in front of R, can dip R knee
s	hold or lift	L	
s	step	L	behind
q	touch	R	to side of L. can dip
s	hold	R	

Fast part      hands down

Lift - step,	Lift - step,	Lift - step	step - step	slide - step	step - Lift
R - R	L - L	R - R	L - R	L - R	L - R

the "slide-step" can be substituted with a step-step (L-R)