

VLAHA

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Dance of the island of Naxos

Time signature: 2/4 counted 1 2 , 1 2 (s s , s s) or 1,2-and (s q q)

*Carnival
dance*

Part 1:

Shoulder Hold

moving to right

1	step	R	
2	step	L	
1	step	R	
2	lift	L	
1	step	L	to the left
2	lift	R	

Part 2: counted : 1-and 2-and, 1-and 2-and

Part 3

1	jump	R	jump onto R, slightly to right, and also kick L in front of R
&	swing	L	counter-clockwise behind R. Lift on to toes of R
2	continue swing....		
&	continue swing....		
1	step	L	behind R
&	step	R	to R
2	step	L	to right, behind R
&	step	R	
1	step	L	in front of R
&	step	R	
2	step	L	in front of R
&	step	R	